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Wrote in the Author's 80th year.
being his last publication

ACETARIA.

A

DISCOURSE

OF

SALLETS.

John Evelyn.

By *J. E.* S. R. S. Author of the *Kalendarium.*

Οὐ παντὸς ἀνδρὸς ἔσιν ἀρτῦσαι καλῶς.
Crat. in Glauc.

LONDON,
Printed for *B. Tooke* at the *Middle-Temple* Gate in *Fleetstreet*, 1699.

He died 27th Feb. 1705. in his 86th year.

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TO THE

Right Honourable

JOHN

Lord SOMERS

OF

EVESHAM.

Lord *High-Chancellor* of *England*, and *President* of the *Royal-Society*.

My Lord,

THE *Idea* and *Plan* of the *Royal-Society*, having been first conceiv'd and delineated by a

A *Great*

Great and *Learned Chancellor*, which High Office your Lordſhip deſervedly bears; not as an Acquiſition of Fortune, but your Intellectual Endowments; Conſpicuous (among other Excellencies) by the Inclination Your Lordſhip diſcovers to promote *Natural Knowledge*: As it juſtifies the Diſcernment of that *Aſſembly*, to pitch upon Your Lordſhip for their *Preſident*, ſo does it no leſs diſcover the Candor, yea, I preſume to ſay, the Sublimity of your Mind, in ſo generouſly honoring them with your *Acceptance* of the *Choice* they have made.

A *Chancellor*, and a very Learned Lord, was the *First* who honoured the *Chair*; and a no less Honorable and Learned *Chancellor*, resigns it to Your Lordship: So as after all the Difficulties and Hardships the *Society* has hitherto gone through; it has thro' the Favour and Protection of its *Presidents*, not only preserv'd its Reputation from the Malevolence of Enemies and Detracters, but gone on *Culminating*, and now *Triumphantly* in Your Lordship: Under whose propitious Influence, I am perswaded, it may promise it self *That* which indeed has

Lord Viscount Brouncker, *Chancellor to the Late Qu. Consort, now* Dowager.

The Right Honourable Cha. Montague, *Esq; Chancellor of the* Exchequer.

hitherto been wanting, to justifie the Glorious *Title* it bears of a ROYAL SOCIETY. The *Emancipating* it from some Remaining and Discouraging Circumstances, which it as yet labours under; among which, that of a *Precarious* and unsteady Abode, is not the least.

This *Honor* was reserv'd for Your Lordship; and an *Honor*, permit me to call it, not at all unworthy the Owning of the Greatest Person living: Namely, the Establishing and Promoting *Real Knowledge*; and (next to what is *Divine*) truly so called; as far, at least, as Humane Nature

ture extends towards the Knowledge of Nature, by enlarging her Empire beyond the Land of *Spectres*, *Forms*, *Intentional Species*, *Vacuum*, *Occult Qualities*, and other *Inadæquate Notions*; which, by their Obstreperous and Noisy Disputes, affrighting, and (till of late) deterring Men from adventuring on further Discoveries, confin'd them in a lazy Acquiescence, and to be fed with *Fantasms* and fruitless Speculations, which signifie nothing to the *Specifick* Nature of Things, solid and useful Knowledge; by the *Investigation* of *Causes*, *Principles*, *Energies*, *Powers*, and *Ef-*

fects of *Bodies*, and *Things Visible*; and to improve them for the Good and Benefit of Mankind.

My Lord, That which the *Royal Society* needs to accomplish an entire Freedom, and (by rendring their Circumstances more easie) capable to subsist with Honor, and to reach indeed the Glorious Ends of its *Institution*, is an Establishment in a more Settl'd, *Appropriate*, and *Commodious Place*; having hitherto (like the *Tabernacle* in the *Wilderness*) been only *Ambulatory* for almost *Forty Years*: But *Solomon* built the First *Temple*; and what forbids us to hope, that as

as *Great* a *Prince* may build *Solomon's House*, as that *Great Chancellor* (one of Your Lordship's Learned *Predeceſſors*) had deſign'd the *Plan*; there being nothing in that *Auguſt* and *Noble Model* impoſſible, or beyond the *Power* of *Nature* and Learned Induſtry. Verulamii Atlantis

Thus, whilſt King *Solomon's* Temple was *Conſecrated* to the *God* of *Nature*, and his true Worſhip; *This* may be *Dedicated*, and ſet apart for the *Works* of *Nature*; deliver'd from thoſe Illuſions and Impoſtors, that are ſtill endeavouring to cloud and depreſs the True, and *Subſtantial Philoſophy*: A *ſhallow* and *Superficial Inſight*,

wherein (as that Incomparable Person rightly observes) having made so many *Atheists*: whilst a *profound*, and thorow *Penetration* into her *Recesses* (which is the *Business* of the *Royal Society*) would lead Men to the *Knowledge*, and *Admiration* of the *Glorious Author*.

And now, *My Lord*, I expect some will wonder what my Meaning is, to usher in a *Trifle*, with so much Magnificence, and end at last in a fine *Receipt* for the *Dressing* of a *Sallet* with an Handful of *Pot-Herbs*! But yet, *My Lord*, this *Subject*, as low and despicable as it appears, challenges a Part of *Natural History*;

story; and the Greateſt Princes have thought it no Diſgrace, not only to make it their *Diverſion*, but their *Care*, and to promote and encourage it in the midſt of their weightieſt Affairs: He who wrote of the *Cedar* of *Libanus*, wrote alſo of the *Hyſop which grows upon the Wall.*

To verifie this, how much might I ſay of *Gardens* and *Rural Employments*, preferrable to the Pomp and Grandeur of other Secular Buſineſs, and that in the Eſtimate of as Great Men as any Age has produc'd! And it is of ſuch *Great Souls* we have it record-ed; That after they had per-form'd

form'd the Nobleſt Exploits for the Publick, they ſometimes chang'd their *Scepters* for the *Spade*, and their *Purple* for the Gardiner's *Apron*. And of theſe, ſome, *My Lord*, were *Emperors*, *Kings*, *Conſuls*, *Dictators*, and Wiſe *Stateſmen*; who amidſt the moſt important Affairs, both in Peace and War, have quitted all their Pomp and Dignity in Exchange of this Learned Pleaſure: Nor that of the moſt *refin'd* Part of *Agriculture* (the *Philoſophy* of the *Garden* and *Parterre* only) but of *Herbs*, and wholeſome *Sallets*, and other plain and uſeful Parts of *Geoponicks*, and

Wrote

Wrote *Books* of *Tillage* and *Husbandry*; and took the *Plough-Tackle* for their *Banner*, and their *Names* from the *Grain* and *Pulse* they sow'd, as the Marks and Characters of the highest Honor.

But I proceed no farther on a *Topic* so well known to Your Lordship: Nor urge I Examples of such Illustrious Persons laying aside their Grandeur, and even of deserting their Stations; (which would infinitely prejudice the Publick, when worthy Men are in Place, and at the Helm) But to shew how consistent the Diversions of the *Garden* and *Villa* were, with the

the higheſt and buſieſt Employment of the *Commonwealth*, and never thought a Reproch, or the leaſt Diminution to the Gravity and Veneration due to their Perſons, and the Noble Rank they held.

Will Your Lordſhip give me Leave to repeat what is ſaid of the Younger *Pliny*, (Nephew to the *Naturaliſt*) and whom I think we may parallel with the Greateſt of his time (and perhaps of any ſince) under the Worthieſt *Emperor* the *Roman* World ever had? A Perſon of vaſt Abilities, Rich, and High in his Maſter's Favour; that

ſo

ſo Husbanded his time, as in the Midſt of the weightieſt Affairs, to have Anſwer'd, and by his * *Example*, made good what I have ſaid on this Occaſion. The Ancient and beſt Magiſtrates of *Rome*, allow'd but the *Ninth* Day for the *City* and *Publick Buſineſs*; the reſt for the *Country* and the *Sallet Garden*: There were then fewer *Cauſes* indeed

---

* *Si quid temporis à civilibus negotiis, quibus totum jam intenderat animum, ſuſſurari potuit, colendis agris, priſcos illos Romanos* Numam Pompilium, Cincinnatum, Catonem, Fabios, Ciceropes, *alioſque virtute claros viros imitare; qui in magno honore conſtituti, vites putare, ſtercorare agros, & irrigare nequaquam turpe & inhoneſtum putarunt.* In Vit. Plin. 2.

at

at the *Bar*; but never greater *Justice*, nor better *Judges* and *Advocates*. And 'tis hence observed, that we hardly find a Great and Wise Man among the Ancients, *qui nullos habuit hortos*, excepting only *Pomponius Atticus*; whilst his Dear *Cicero* professes, that he never laid out his Money more readily, than in the purchasing of *Gardens*, and those sweet Retirements, for which he so often left the *Rostra* (and Court of the Greatest and most flourishing State of the World) to visit, prune, and water them with his own Hands.

But,

But, *My Lord*, I forget with whom I am talking thus; and a *Gardiner* ought not to be so bold. The Present I humbly make Your Lordship, is indeed but a *Sallet* of *Crude Herbs*: But there is among them that which was a *Prize* at the *Isthmian Games*; and Your Lordship knows who it was both accepted, and rewarded as despicable an Oblation of this kind. The Favor I humbly beg, is Your Lordship's Pardon for this Presumption. The Subject is *mean*, and requires it, and my *Reputation* in danger; should Your Lordship hence suspect that one could never write so much

much of *dreſſing Sallets*, who minded any thing ſerious, beſides the gratifying a Senſual Appetite with a Voluptuary *Apician* Art.

Truly, *My Lord*, I am ſo far from deſigning to promote thoſe *Supplicia Luxuriæ*, (as *Seneca* calls them) by what I have here written; that were it in my Power, I would recall the World, if not altogether to their Priſtine *Diet*, yet to a much more *wholſome* and *temperate* than is now in Faſhion: And what if they find me like to ſome who are eager after *Hunting* and other Field-Sports, which are *Laborious* Exerciſes? and *Fiſhing*, which

which is indeed a *Lazy* one? who, after all their Pains and Fatigue, never eat what they take and catch in either: For some such I have known: And tho' I cannot affirm so of my self, (when a well dreſt and excellent *Sallet* is before me) I am yet a very moderate Eater of them. So as to this *Book-Luxury*, I can affirm, and that truly what the *Poet* says of himself (on a leſs innocent Occaſion) *Laſciva pagina, vita proba.* God forbid, that after all I have advanc'd in Praiſe of *Sallets*, I ſhould be thought to plead for the Vice I cenſure, and chuſe that of *Epicurus* for

my *Lemma*; *In hac arte consenui*; or to have spent my time in nothing else. The *Plan* annext to these Papers, and the *Apparatus* made to superstruct upon it, would acquit me of having bent all my Contemplations on *Sallets* only. What I humbly offer Your Lordship, is (as I said) Part of *Natural History*, the Product of *Horticulture*, and the *Field*, dignified by the most illustrious, and sometimes tilled *Laureat* of *Vomere*; which, as it concerns a Part of *Philosophy*, I may (without Vanity) be allow'd to have taken some Pains in Cultivating, as an inferior Member of the *Royal Society*. But,

But, *My Lord*, whilſt You read on (if at leaſt You vouchſafe me that Honor to read at all) I am conſcious I rob the Publick of its moſt Precious Moments.

I therefore Humbly again Implore Your Lordſhip's Pardon: Nor indeed needed I to have ſaid half this, to kindle in Your Breaſt, that which is already ſhining there (Your Lordſhip's Eſteem of the *Royal Society*) after what You were pleas'd to Expreſs in ſuch an Obliging manner, when it was lately to wait

upon Your Lordſhip; among whom I had the Honor to be a Witneſs of Your Generous, and Favourable Acceptance of their Addreſſes, who am,

My Lord,

Your Lordſhip's

Moſt Humble and

Moſt Obedient Servant,

JOHN EVELYN.

THE

THE

PREFACE.

THE *Favourable Entertainment which the* Kalendar *has found, encouraging the* Bookſeller *to adventure upon a* Ninth Impreſſion, *I could not refuſe his Requeſt of my Reviſing, and Giving it the beſt Improvement I was capable, to an* Inexhauſtible Subject, *as it regards a Part of* Horticulture; *and offer ſome little Aid to ſuch as love a Diverſion ſo Innocent and Laudable. There are thoſe of late, who have*

arrogated, and given the Glorious Title of Compleat *and* Accomplish'd Gardiners, *to what they have Publish'd; as if there were nothing wanting, nothing more remaining, or farther to be expected from the Field; and that* Nature *had been quite emptied of all her fertile Store: Whilst those who thus magnifie their Discoveries, have after all, penetrated but a very little Way into this Vast, Ample, and as yet, Unknown Territory; Who see not, that it would still require the Revolution of many Ages; deep, and long* Experience, *for any Man to Emerge that Perfect, and Accomplish'd Artist* Gardiner *they boast themselves to be: Nor do I*

think

think, Men will ever reach the End, and far extended Limits of the Vegetable Kingdom; *so incomprehensible is the Variety it every Day produces, of the most Useful, and Admirable of all the Aspectable Works of God; since almost all we* see, *and* touch, *and* taste, *and* smell, eat *and* drink, *are* clad *with, and* defended (*from the Greatest* Prince *to the Meanest* Peasant) *is furnished from that Great and Universal Plantation*, Epitomiz'd *in our* Gardens, *highly worth the Contemplation of the most Profound Divine, and Deepest* Philosopher.

I ſhould be aſham'd to acknowledge how little I have advanc'd, could I find that ever any Mortal Man from Adam, Noah, Solomon, Ariſtotle, Theophraſtus, Dioſcorides, *and the reſt of Nature's Interpreters, had ever arriv'd to the perfect Knowledge of any one* Plant, *or* Vulgar Weed *whatſoever: But this perhaps may yet poſſibly be reſerv'd for another State of Things, and a* * *longer Day; that is,* When Time ſhall be no more, but Knowledge ſhall be encreas'd.

---

* Ut hujuſmodi hiſtoriam vix dum incohatum, non ante abſolvendam putem,
Exitio terras quam dabit una dies. *D. Raius* Præfat. Hiſt. Plan.

We

We have heard of one who ſtudied and contemplated the Nature of Bees *only, for* Sixty Years: *After which, you will not wonder, that a Perſon of my Acquaintance, ſhould have ſpent almoſt* Forty, *in Gathering and Amaſſing Materials for an* Hortulan *Deſign, to ſo enormous an Heap, as to fill ſome* Thouſand Pages; *and yet be comprehended within two, or three Acres of Ground; nay, within the Square of leſs than* One (*skilfully Planted and Cultivated*) *ſufficient to furniſh, and entertain his Time and Thoughts all his Life long, with a moſt Innocent, Agreeable, and Uſeful Employment. But you may juſtly wonder,*

der, and Condemn the Vanity of it too, with that Reproach, This Man began to build, but was not able to finish! *This has been the Fate of that Undertaking; and I dare promise, will be of whosoever imagines (without the Circumstances of extraordinary Assistance, and no ordinary Expence) to pursue the* Plan, *erect, and finish the* Fabrick *as it ought to be.*

Luke 15. 30.

But this is that which Abortives *the Perfection of the most Glorious and Useful Undertakings; the Unsatiable Coveting to Exhaust all that should, or can be said upon every Head: If such a one have any thing else to mind, or do in the World, let me tell him, he thinks of*

build-

Building too late; and rarely find we any, who care to superstruct upon the Foundation of another, and whose Idea's *are alike. There ought therefore to be as many* Hands, *and* Subsidiaries *to such a Design (and those* Masters *too) as there are distinct Parts of the Whole (according to the subsequent Table) that those who have the Means and Courage, may (tho' they do not undertake the* Whole) *finish a* Part *at least, and in time Unite their Labours into one Intire, Compleat, and Consummate Work indeed.*

Of One *or* Two *of these, I attempted only a* Specimen *in my* SILVA *and the* KALENDAR;

DAR: Imperfect, *I say, because they are both capable of Great Improvements: It is not therefore to be expected.* (*Let me use the Words of an Old, and Experienc'd* Gardiner)

Columella *de* R. R. *Lib.* 5. *Cap.* 1.

Cuncta me dicturum, quæ vastitas ejus scientiæ contineret, sed plurima; nam illud in unius hominis prudentiam cadere non poterit, neque est ulla Disciplina aut Ars, quæ singulari consummata sit ingenio.

May it then suffice aliquam partem tradidisse, *and that I have done my Endeavour.*

----Jurtilis olim
Ne Videar vixisse.

Much

Much more might I add upon this Charming, and Fruitful Subject (I mean, concerning Gardening:) *But this is not a Place to Expatiate, deterr'd, as I have long since been, from so bold an Enterprize, as the Fabrick I mentioned. I content my self then with an* Humble Cottage, *and a Simple* Potagere, *Appendant to the* Calendar; *which, Treating only (and that briefly) of the* Culture *of* Moderate Gardens; *Nothing seems to me, shou'd be more* Welcome *and* Agreeable, *than whilst the Product of them is come into more* Request *and* Use *amongst us,*

than

than heretofore (beside what we call, and distinguish by the Name of Fruit) *I did annex some particular Directions concerning* SALLETS.

THE

ERRATA.

Page.	*Line.*	*Read*
Title,	0 6	. ἐστιν.
Dedicat.	7 8	*Nature*
Præface,	8	*penult. inutilis*
Plan, Book 3	*cap.* 4.	*Gum (Commessa*
Acetar.	5 10	*dele accept*
	6 17	*of which*
	16 8	*Halmyridia*
	18 20	*are eaten*
	26 24	*Sage*
	33 11	*Oxelæum*
	34 4	*Coss Lettuce*
	42 16	*Pig-Nuts*
	48 14	dele *Clowe*, read *Seeds.*
	50 12	*resist*
	62 15	*Potagere*
	74 7	dele *not*
	90 5	*Ilanders*
	123 14	ἐστιν
	125 17	*Cataclysm*
	158 *Marg.*	*Esu sanguinis*
	162 13	dele *and*
	166 18	*Friers*
	183 20	*a well-stor'd*
	186 *M.ult.*	*Skirrits*
	189 19	*Meaths.*

In the APPENDIX,

RECEITS.

Number 14. *Cucumber. Note*, That the *Cucumbers* nd the *Gerkems* are not to be boiled in either of the *inegars*; but poured scalding-hot upon them.——And ne 7, r. *next day*, or *longer.*

26. *Pudding* of *Carrots. Read thus:* Pare of the Cruft nd tougher part of a Two-peny White-Loaf, grating the eft; as also half as much of the Root, a Pint of fresh ream, or *&c.*

In the *Cowslip-Wine* dele *two*; read *ten Gallons.*

THE

PLAN

OF A

Royal Garden:

Describing, and Shewing the *Amplitude*, and *Extent* of that Part of *Georgicks*, which belongs to *Horticulture*;

In Three Books.

BOOK I.

Chap. I. OF *Principles* and *Elements* in general.

Ch. II. Of the Four (vulgarly reputed) Elements; *Fire*, *Air*, *Water*, *Earth*.

Ch. III.

Ch. III. Of the Celestial *Influences*, and particularly of the *Sun*, *Moon*, and of the *Climates*.

Ch. IV. Of the Four *Annual Seasons*.

Ch. V. Of the Natural *Mould* and *Soil* of a Garden.

Ch. VI. Of *Composts*, and *Stercoration*, *Repastination*, *Dressing* and *Stirring* the *Earth* and *Mould* of a Garden.

BOOK II.

Chap. I. A Garden *Deriv'd* and *Defin'd*; its *Dignity*, *Distinction*, and *Sorts*.

Ch. II. Of a *Gardiner*, how to be *qualify'd*, *regarded* and *rewarded*; his *Habitation*, *Cloathing*, *Diet*, Under-*Workmen* and *Assistants*.

Ch. III. Of the *Instruments* belonging to a Gardiner; their various *Uses*, and *Machanical* Powers.

Ch. IV. Of the *Terms* us'd, and affected by Gardiners.

Ch. V. Of *Encloſing*, *Fencing*, *Platting*, and diſpoſing of the Ground; and of *Terraces*, *Walks*, *Allies*, *Malls*, *Bowling-Greens*, &c.

Ch VI. Of a *Seminary*, *Nurſeries*; and of Propagating *Trees*, *Plants* and *Flowers*, *Planting* and *Tranſplanting*, &c.

Ch. VII. Of *Knots*, *Parterres*, *Compartiments*, *Borders*, *Banks* and *Emboſſments*.

Ch. VIII. Of *Groves*, *Labyrinths*, *Dedals*, *Cabinets*, *Cradles*, *Cloſe-Walks*, *Galleries*, *Pavilions*, *Portico's*, *Lanterns*, and other *Relievo's*; of *Topiary* and *Hortulan Architecture*.

Ch. IX. Of *Fountains*, *Jetto's*, *Caſcades*, *Rivulets*, *Piſcina's*, *Canals*, *Baths*, and other Natural, and Artificial *Water-works*.

Ch. X. Of *Rocks*, *Grotts*, *Cryptæ*, *Mounts*, *Precipices*, *Ventiducts*, *Conservatories*, of *Ice* and *Snow*, and other Hortulan Refreshments.

Ch. XI. Of *Statues*, *Busts*, *Obelisks*, *Columns*, *Inscriptions*, *Dials*, *Vasa's*, *Perspectives*, *Paintings*, and other Ornaments.

Ch. XII. Of *Gazon-Theatres*, *Amphitheatres*, Artificial *Echo's*, *Automata* and *Hydraulic Musick*.

Ch. XIII. Of *Aviaries*, *Apiaries*, *Vivaries*, *Insects*, &c.

Ch. XIV. Of *Verdures*, *Perennial Greens*, and *Perpetual Springs*.

Ch. XV. Of *Orangeries*, *Oporotheca's*, *Hybernacula*, *Stoves*, and Conservatories of Tender *Plants* and *Fruits*, and how to order them.

Ch. XVI. Of the *Coronary* Garden: *Flowers* and *Rare Plants*, how they are to be *Raised*,

Go-

Governed and *Improved*; and how the Gardiner is to keep his *Regiſter*.

Ch. XVII. Of the *Philoſophical Medical* Garden.

Ch. XVIII. Of *Stupendous* and *Wonderful Plants*.

Ch. XIX. Of the *Hort-Yard* and *Potagere*; and what *Fruit-Trees*, *Olitory* and *Eſculent Plants*, may be admitted into a Garden of Pleaſure.

Ch. XX. Of *Sallets*.

Ch. XXI. Of a *Vineyard*, and Directions concerning the making of *Wine* and other *Vinous* Liquors, and of *Teas*.

Ch. XXII. Of *Watering*, *Pruning*, *Plaſhing*, *Palliſading*, *Nailing*, *Clipping*, *Mowing*, *Rowling*, *Weeding*, *Cleanſing*, &c.

Ch. XXIII. Of the *Enemies* and *Infirmities* to which Gardens are obnoxious, together with the *Remedies*.

Ch. XXIV. Of the Gardiner's *Almanack* or *Kalendarium Hortenſe*, directing what he is to do Monthly, and what *Fruits* and *Flowers* are in prime.

BOOK III.

Ch. I. Of *Conſerving*, *Propera-ting*, *Retarding*, *Multiplying*, *Tranſmuting*, and Altering the *Species*, *Forms*, and (reputed) *Subſtantial Qualities* of *Plants*, *Fruits* and *Flowers*.

Ch. II. Of the Hortulan *Ela-boratory*; and of *diſtilling* and *extracting* of *Waters*, *Spirits*, *Eſſences*, *Salts*, *Colours*, Reſuſci-tation of *Plants*, with other rare Experiments, and an Ac-count of their *Virtues*.

Ch. III. Of Compoſing the *Hor-tus Hyemalis*, and making Books, of *Natural*, *Arid Plants* and *Flowers*, with ſeveral Ways of Preſerving them in their *Beauty*.

Ch.

Ch. IV. Of *Painting* of Flowers, Flowers *enamell'd*, *Silk*, *Callico's*, *Paper*, *Wax*, *Guns*, *Paſts*, *Horns*, *Glaſs*, Shells, *Feathers*, *Moſs*, *Pietra Comeſſa*, *Inlayings*, *Embroyderies*, *Carvings*, and other Artificial Repreſentations of them.

Ch. V. Of *Crowns*, *Chaplets*, *Garlands*, *Feſtoons*, *Encarpa*, *Flower-Pots*, *Noſegays*, *Poeſies*, *Deckings*, and other Flowery *Pomps*.

Ch. VI. Of *Hortulan Laws* and *Privileges*.

Ch. VII. Of the *Hortulan Study*, and of a *Library*, *Authors* and *Books* aſſiſtant to it.

Ch. VIII. Of *Hortulan Entertainments*, *Natural*, *Divine*, *Moral*, and *Political*; with divers *Hiſtorical* Paſſages, and Solemnities, to ſhew the *Riches*, *Beauty*, *Wonder*, *Plenty*, *Delight*, and Univerſal Uſe of Gardens.

Ch. IX. Of Garden *Burial.*
Ch. X. Of *Paradise*, and of the most *Famous Gardens* in the World, *Ancient* and *Modern.*
Ch. XI. The Description of a *Villa.*
Ch. XII. The *Corollary* and *Conclusion.*

——*Laudato ingentia rura,*
Exiguum colito.——

ACETARIA.

SALLETS in general consist of certain *Esculent* Plants and Herbs, improv'd by Culture, Industry, and Art of the *Gard'ner:* Or, as others say, they are a Composition of *Edule* Plants and Roots of several kinds, to be eaten *Raw* or *Green*, *Blanch'd* or *Candied*; simple, and *per se*, or intermingl'd with others according to the Season. The Boil'd, Bak'd, Pickl'd, or otherwise disguis'd, variously accommodated by the skilful Cooks, to render them grateful to the more feminine Palat; or Herbs rather for the Pot, *&c.* challenge not the name of *Sallet* so properly

here, tho' ſometimes mention'd; And therefore,

Thoſe who *Criticize* not ſo nicely upon the Word, ſeem to diſtinguiſh the * *Olera* (which were never eaten *Raw*) from *Acetaria*, which were never *Boil'd*; and ſo they derive the Etymology of *Olus*, from *Olla*, *the Pot.* But others deduce it from Ὅλος, comprehending the *Univerſal Genus* of the Vegetable Kingdom; as from Πᾶν *Panis*; eſteeming that he who had || *Bread* and *Herbs*, was ſufficiently bleſs'd with all a frugal Man cou'd need or deſire: O-

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* Olera à frigidis diſtinct. *See* Spartianus in Peſcennio. Salmaſ. in Jul. Capitolin.

|| Panis erat primis virides mortalibus Herbæ;
Quas tellus nullo ſollicitante dabat.
Et modo carpebant vivaci ceſpite gramen;
Nunc epulæ tenera fronde cacumen erant.
Ovid, Faſtor. iv.

thers

thers again will have it, *ab Olendo*, i. e. *Crescendo*, from its continual *growth* and *springing up*: So the younger *Scaliger* on *Varro*: But his Father *Julius* extends it not so generally to all Plants, as to all the *Esculents*, according to the Text: *We call those* Olera (says * *Theophrastus*) *which are commonly eaten*, in which sense it may be taken, to include both *Boil'd* and *Raw*: Last of all, *ab Alendo*, as having been the Original, and genuine Food of all Mankind from the † Creation.

A great deal more of this Learned Stuff were to be pick'd up from the *Cumini Sectores*, and impertinently Curious; whilst as it concerns the business in hand, we are by *Sallet* to understand

* καλοῦμεν γὰρ λάχανα τὰ πρὸς τὴν ἡμετέραν χρείαν; Theophrast. Plant. *l.* vii. *cap.* 7.
† Gen. 1. 29.

a particular Compoſition of certain *Crude* and freſh Herbs, ſuch as uſually are, or may ſafely be eaten with ſome *Acetous* Juice, *Oyl*, *Salt*, &c. to give them a grateful Guſt and *Vehicle*; excluſive of the * ψυχρὰ τράπεζαι, eaten without their due Correctives, which the Learned † *Salmaſius*, and, indeed generally, the || old *Phyſicians* affirm (and that truly) all *Crude* and raw λάχανα require to render them wholſome; ſo as probably they were from hence, as ¶ *Pliny* thinks, call'd *Acetaria:* and not (as *Hermolaus* and ſome others) *Acceptaria ab Accipiendo*; nor from *Accedere*, though ſo

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* Plutarch Sympoſ.

† Salmaſ. in Solin. *againſt* Hieron. Mercurialis.

|| Galen. 2 R. Aliment. *cap.* 1. Et Simp. Medic. Averroes, *lib.* v. Colloc.

¶ Plin. *lib.* xix. *c.* 4.

* ready

* ready at hand, and easily dress'd; requiring neither *Fire*, *Cost*, or *Attendance*, to boil, roast, and prepare them as did Flesh, and other Provisions; from which, and other Prerogatives, they were always in use, *&c.* And hence indeed the more frugal *Italians* and *French*, to this Day, Accept and gather *Ogni Verdura*, any thing almost that's *Green* and Tender, to the very Tops of *Nettles*; so as every Hedge affords a *Sallet* (not unagreeable) season'd with its proper *Oxybaphon* of *Vinegar*, *Salt*, *Oyl*, &c. which doubtless gives it both the Relish and Name of *Salad*, *Ensalada* †, as with us of *Sallet*; from the *Sapidity*, which renders not *Plants* and *Herbs*

* Convictus facilis, sine arte mensa. *Mart. Ep.* 74.

† Ἄπυρον τεῦτλον, *which* Suidas *calls* λάχανα, Olera quæ cruda sumuntur ex Aceto. *Harduin in loc.*

alone, but *Men* themſelves, and their Converſations, pleaſant and agreeable: But of this enough, and perhaps too much; leaſt whilſt I write of *Salt* and *Sallet*, I appear my ſelf *Inſipid:* I paſs therefore to the Ingredients, which we will call

Furniture *and* Materials.

THE *Materials* of *Sallets*, which together with the groſſer *Olera*, conſiſt of *Roots*, *Stalks*, *Leaves*, *Buds*, *Flowers*, &c. *Fruits* (belonging to another *Claſs*) would require a much ampler Volume, than would ſuit our *Kalendar*, (to which this pretends to be an *Appendix* only) ſhould we extend the following *Catalogue* further than to a brief enumeration only of ſuch *Herbaceous*

laceous Plants, *Oluſcula* and ſmaller *Eſculents*, as are chiefly us'd in *Cold Sallets*, of whoſe Culture we have treated there; and as we gather them from the *Mother* and *Genial Bed*, with a touch only of their *Qualities*, for Reaſons hereafter given.

1. Alexanders, *Hippoſelinum*; *S. Smyrnium vulgare* (much of the nature of *Perſly*) is moderately hot, and of a cleanſing Faculty, Deobſtructing, nouriſhing, and comforting the Stomach. The gentle freſh Sprouts, Buds, and Tops are to be choſen, and the Stalks eaten in the Spring; and when *Blanch'd*, in Winter likewiſe, with *Oyl*, *Peper*, *Salt*, &c. by themſelves, or in Compoſition: They make alſo an excellent *Vernal* Pottage.

2. Artichaux, *Cinara*, (*Carduus Sativus*) hot and dry. The

Heads being ſlit in quarters firſt eaten raw, with *Oyl*, a little *Vinegar*, *Salt*, and *Pepper*, gratefully recommend a Glaſs of *Wine*; Dr. *Muffet* ſays, at the end of Meals.

They are likewiſe, whilſt tender and ſmall, fried in freſh *Butter* criſp with *Perſley*. But then become a moſt delicate and excellent Reſtorative, when full grown, they are boil'd the common way. The *Bottoms* are alſo bak'd in *Pies*, with *Marrow*, *Dates*, and other rich Ingredients: In *Italy* they ſometimes broil them, and as the Scaly Leaves open, baſte them with freſh and ſweet *Oyl*; but with Care extraordinary, for if a drop fall upon the Coals, all is marr'd; that hazard eſcap'd, they eat them with the Juice of *Orange* and *Sugar*.

The Stalk is *Blanch*'d in Autumn, and the *Pith* eaten raw

or

or boil'd. The way of preſerving them freſh all Winter, is by ſeparating the *Bottoms* from the *Leaves*, and after Parboiling, allowing to every *Bottom*, a ſmall earthen glaz'd Pot; burying it all over in freſh melted *Butter*, as they do Wild-Fowl, *&c.* Or if more than one, in a larger Pot, in the ſame Bed and Covering, *Layer* upon *Layer*.

They are alſo preſerv'd by ſtringing them on Pack-thread, a clean Paper being put between every *Bottom*, to hinder them from touching one another, and ſo hung up in a dry place. They are likewiſe *Pickl'd*.

'Tis not very long ſince this noble *Thiſtle* came firſt into *Italy*, Improv'd to this Magnitude by Culture; and ſo rare in *England*, that they were commonly ſold for *Crowns* a piece: But what *Carthage* yearly ſpent in them (as *Pliny* computes the Sum) amounted

amounted to *Seſtertia Sena Millia*, 30000 *l. Sterling*.

Note, That the *Spaniſh Cardon*, a wild and ſmaller *Artichoak*, with ſharp pointed Leaves, and leſſer Head; the Stalks being *Blanch*'d and tender, are ſerv'd up *a la Poiverade* (that is with *Oyl*, *Pepper*, &c.) as the *French* term is.

3. Baſil, *Ocimum* (as *Baulm*) imparts a grateful Flavour, if not too ſtrong, ſomewhat offenſive to the Eyes; and therefore the tender Tops to be very ſparingly us'd in our *Sallet*.

4. Baulm, *Meliſſa*, *Baum*, hot and dry, Cordial and exhilarating, ſovereign for the Brain, ſtrengthning the Memory, and powerfully chaſing away *Melancholy*. The tender Leaves are us'd in Compoſition with other Herbs; and the Sprigs freſh gather'd,

ther'd, put into *Wine* or other Drinks, during the heat of Summer, give it a marvellous quickneſs: This noble Plant yields an incomparable *Wine*, made as is that of *Cowſlip*-Flowers.

5. Beet, *Beta*; of which there is both *Red*, *Black*, and *White*: The *Coſta*, or Rib of the *White Beet* (by the *French* call'd the *Chard*) being boil'd, melts, and eats like Marrow. And the *Roots* (eſpecially of the *Red*) cut into thin ſlices, boil'd, when cold, is of it ſelf a grateful Winter *Sallet*; or being mingl'd with other *Oluſcula*, *Oyl*, *Vinegar*, *Salt*, &c. 'Tis of quality Cold and Moiſt, and naturally ſomewhat *Laxative*: But however by the *Epigrammatiſt* ſtil'd *Fooliſh* and *Inſipid*, as *Innocentior quam Olus* (for ſo the Learned * *Harduin*

* Plin. H. Nat. *lib.* xix. *cap.* 8.

reads

reads the place) 'tis by *Diphilus* of old, and others since, preferr'd before *Cabbage* as of better Nourishment: *Martial* (not unlearn'd in the Art of *Sallet*) commends it with *Wine* and *Pepper*: He names it indeed —— *Fabrorum prandia*, for its being so vulgar. But eaten with *Oyl* and *Vinegar*, as usually, it is no despicable *Sallet*. There is a *Beet* growing near the Sea, which is the most delicate of all. The Roots of the *Red Beet*, pared into thin Slices and Circles, are by the *French* and *Italians* contriv'd into curious Figures to adorn their *Sallets*.

6. Blite, *Blitum*; English *Mercury*, or (as our Country House-wives call it) *All-good*, the gentle *Turiones*, and Tops may be eaten as *Sparagus*, or sodden in Pottage: There is both a white and red, much us'd in *Spain* and *Italy*; but besides its humidity and

and deterſive Nature, 'tis *Inſipid* enough.

7. Borrage, *Borrago* (*Gaudia ſemper ago*) hot and kindly moiſt, purifying the Blood, is an exhilarating Cordial, of a pleaſant Flavour: The tender Leaves, and Flowers eſpecially, may be eaten in Compoſition; but above all, the Sprigs in *Wine*, like thoſe of *Baum*, are of known Vertue to revive the *Hypochondriac*, and chear the hard Student. See *Bugloſs*.

8. Brooklime, *Anagallis aquatica*; moderately hot and moiſt, prevalent in the *Scorbute*, and *Stone*.

9. Bugloſs, *Bugloſſum*; in nature much like *Borrage*, yet ſomething more aſtringent. The Flowers of both, with the intire Plant, greatly reſtorative, being Con-

Conserv'd: And for the rest, so much commended by *Averroes*; that for its effects, cherishing the Spirits, justly call'd *Euphrosynum*: Nay, some will have it the *Nepenthes* of *Homer*: But indeed, what we now call *Bugloss*, was not that of the Ancients, but rather *Borrage*, for the like Virtue named *Corrago*.

Burnet, See *Pimpinella*.

10. Buds, *Gemmæ*, *Turiones*; the first Rudiments and Tops of most *Sallet*-Plants, preferrable to all other less tender Parts; such as *Ashen-Keys*, *Broom-buds*, hot and dry, retaining the vertue of *Capers*, esteem'd to be very opening, and prevalent against the *Spleen* and *Scurvy*; and being *Pickl'd*, are sprinkl'd among the *Sallets*, or eaten by themselves.

11. Cab-

11. Cabbage, *Brassica* (and its several kinds) *Pompey*'s beloved Dish, so highly celebrated by old * *Cato*, *Pythagoras*, and *Chrysippus* the Physician (as the only *Panacea*) is not so generally magnify'd by the rest of Doctors, as affording but a crass and melancholy Juice; yet *Loosening* if but moderately boil'd, if over-much, *Astringent*, according to *C. Celsus*; and therefore seldom eaten raw, excepting by the *Dutch*. The *Cymæ*, or Sprouts rather of the *Cole* are very delicate, so boil'd as to retain their Verdure and green Colour. In raising this *Plant* great care is to be had of the Seed. The best comes from *Denmark* and *Russia*, especially the *Cauly-flower*, (anciently unknown) or from *Aleppo*. Of the *French*, the *Pancaliere a la large*

* *De* R. R. *cap.* clvii.

Costé,

Coſté, the white, large and ponderous are to be choſen; and ſo the *Cauly-flower*: After boiling ſome ſteep them in Milk, and ſeethe them again in Beef-Broth: Of old they added a little *Nitre*. The *Broccoli* from *Naples*, perhaps the *Halmerida* of *Pliny* (or *Athenæus* rather) *Capitata marina & florida*, our *Sea-kele* (the ancient *Crambe*) and growing on our Coaſt, are very delicate, as are the *Savoys*, commended for being not ſo rank, but agreeable to moſt *Palates*, and of better Nouriſhment: In general, *Cabbages* are thought to allay Fumes, and prevent Intoxication: But ſome will have them noxious to the Sight; others impute it to the *Cauly-flower* rather: But whilſt the Learned are not agreed about it, *Theophraſtus* affirms the contrary, and *Pliny* commends the Juice raw, with a little *Honey*, for the moiſt and weeping Eye, not

not the dry or dull. But after all, *Cabbage* ('tis confeſs'd) is greatly accus'd for lying undigeſted in the Stomach, and provoking Eructations; which makes me wonder at the Veneration we read the Ancients had for them, calling them *Divine*, and Swearing, *per Braſſicam*. 'Tis ſcarce an hundred Years ſince we firſt had *Cabbages* out of *Holland*. Sir *Anth. Aſhley* of *Wiburg St.Giles* in *Dorſetſhire*, being (as I am told) the firſt who planted them in *England*.

12. Cardon, See *Artichaux*.

13. Carrots, *Dauci*, or *Paſtinaca Sativa*; temperately warm and dry, Spicy; the beſt are yellow, very nouriſhing; let them be rais'd in Ground naturally rich, but not too heavy.

14. Chervile, *Chærophyllum*, *Myrrhis*; The ſweet aromatick *Spaniſh Chervile*, moderately hot and dry: The tender *Cimæ*, and Tops, with other Herbs, are never to be wanting in our *Sallets*, (as long as they may be had) being exceedingly wholſome and chearing the Spirits: The *Roots* are alſo boil'd and eaten Cold; much commended for Aged Perſons: This (as likewiſe *Spinach*) is us'd in *Tarts*, and ſerves alone for divers Sauces.

Cibbols. } *Vide* Onions, *Schœ-*
Cives. } *nopræſſon.*

15. Clary, *Horminum*, when tender not to be rejected, and in *Omlets*, made up with *Cream*, fried in ſweet *Butter*, and eaten with *Sugar*, Juice of *Orange*, or *Limon*.

16. Cla-

16. Clavers, *Aparine*; the tender Winders, with young *Nettle-Tops*, are us'd in *Lenten* Pottages.

17. Corn-sallet, *Valerianella*; loos'ning and refreshing: The Tops and Leaves are a *Sallet* of themselves, seasonably eaten with other Salleting, the whole Winter long, and early Spring: The *French* call them *Salad de Preter*, for their being generally eaten in *Lent*.

18. Cowslips, *Paralysis*: See *Flowers*.

19. Cresses, *Nasturtium*, Garden *Cresses*; to be monthly sown: But above all the *Indian*, moderately hot, and aromatick, quicken the torpent Spirits, and purge the Brain, and are of singular effect against the *Scorbute*. Both the tender Leaves, *Calices*, *Cap-*

puchin Capers, and *Flowers*, are laudably mixed with the colder Plants. The *Buds* being Candy'd, are likewiſe us'd in Strewings all Winter. There is the *Naſtur. Hybernicum* commended alſo, and the vulgar *Water-Creſs*, proper in the Spring, all of the ſame Nature, tho' of different Degrees, and beſt for raw and cold Stomachs, but nouriſh little.

20. Cucumber, *Cucumis*; tho' very cold and moiſt, the moſt approved *Sallet* alone, or in Compoſition, of all the *Vinaigrets*, to ſharpen the Appetite, and cool the Liver, * *&c.* if rightly prepar'd; that is, by rectifying the vulgar Miſtake of altogether extracting the Juice, in which it ſhould rather be ſoak'd: Nor

* Ἑφθὸς, δοσικυὸς, ἁπαλὸς, ἄλυσσος, ὀρητικός. Athen.

ought

ought it to be over *Oyl'd*, too much abating of its grateful *Acidity*, and *palling* the Taſte, from a contrariety of Particles: Let them therefore be pared, and cut in thin Slices, with a *Clove* or two of *Onion* to correct the Crudity, macerated in the Juice, often turn'd and moderately drain'd. Others prepare them, by ſhaking the Slices between two Diſhes, and dreſs them with very little *Oyl*, well beaten, and mingled with the Juice of *Limon*, *Orange*, or *Vinegar*, *Salt* and *Pepper*. Some again, (and indeed the moſt approv'd) eat them as ſoon as they are cut, retaining their Liquor, which being exhauſted (by the former Method) have nothing remaining in them to help the Concoction. Of old they * boil'd

* Cucumis elixus delicatior, innocentior. Athenæus.

the *Cucumber*, and paring off the Rind, eat them with *Oyl*, *Vinegar*, and *Honey*; *Sugar* not being so well known. Lastly, the *Pulp* in Broth is greatly refreshing, and may be mingl'd in most *Sallets*, without the least damage, contrary to the common Opinion; it not being long, since *Cucumber*, however dress'd, was thought fit to be thrown away, being accounted little better than Poyson. *Tavernier* tells us, that in the *Levant*, if a Child cry for something to Eat, they give it a raw *Cucumber* instead of *Bread*. The young ones may be boil'd in White-Wine. The smaller sort (known by the name of *Gerckems*) muriated with the Seeds of *Dill*, and the *Mango* Pickle are for the Winter.

21. Daisy, *Buphthalmum*, Ox-Eye, or *Bellis-major*: The young *Roots* are frequently eaten by the

Spa-

Spaniards and *Italians* all the Spring till *June*.

22. Dandelion, *Dens Leonis*, *Condrilla*: Macerated in several Waters, to extract the bitterness; tho' somewhat opening, is very wholsome, and little inferior to *Succory*, *Endive*, &c. The *French* Country-People eat the Roots; and 'twas with this homely *Sallet*, the Good-Wife *Hecate* entertain'd *Theseus*. See *Sowthistle*.

23. Dock, *Oxylapathum*, or sharp-pointed Dock: Emollient, and tho' otherwise not for our *Sallet*, the *Roots* brewed in *Ale* or *Beer*, are excellent for the *Scorbute*.

Earth-Nuts, *Bulbo-Castanum*; (found in divers places of *Surry*, near *Kingston*, and other parts) the Rind par'd off, are eaten crude by Rustics, with a little

Pepper; but are beſt boil'd like other Roots, or in Pottage rather, and are ſweet and nouriſhing.

24. Elder, *Sambucus*; The Flowers infus'd in *Vinegar*, grateful both to the Stomach and Taſte; attenuate thick and viſcid Humours; and tho' the Leaves are ſomewhat rank of Smell, and ſo not commendable in *Sallet*; they are otherwiſe (as indeed is the intire Shrub) of the moſt ſovereign Vertue; and the ſpring Buds and tender Leaves, excellently wholſome in Pottage at that Seaſon of the Year. See *Flowers*.

25. Endive, *Endivium*, *Intubum Sativum*; the largeſt, whiteſt, and tendereſt Leaves beſt boil'd, and leſs crude. It is naturally Cold, profitable for hot Stomachs; *Inciſive* and open-

ing

ing Obſtructions of the Liver: The curled is more delicate, being eaten alone, or in Compoſition, with the uſual *Intinctus*: It is alſo excellent being boil'd; the middle part of the Blanch'd-Stalk ſeparated, eats firm, and the ampler Leaves by many perferr'd before *Lettuce*. See *Succory*.

Eſchalot. See *Onions*.

26. Fennel, *Fœniculum*: The ſweeteſt of *Bologna*: Aromatick, hot, and dry; expels Wind, ſharpens the Sight, and recreates the Brain; eſpecially the tender *Umbella* and Seed-Pods. The Stalks are to be peel'd when young, and then dreſs'd like *Sellery*. The tender Tufts and Leaves emerging, being minc'd, are eaten alone with *Vinegar*, or *Oyl*, and *Pepper*, and to correct the colder Materials, enter properly

perly into Compoſition. The *Italians* eat the blanch'd Stalk (which they call *Cartucci*) all Winter long. There is a very ſmall *Green-Worm*, which ſometimes lodges in the Stemm of this Plant, which is to be taken out, as the *Red* one in that of *Sellery*.

27. Flowers, *Flores*; chiefly of the *Aromatick Eſculents* and Plants are preferrable, as generally endow'd with the Vertues of their *Simples*, in a more intenſe degree; and may therefore be eaten alone in their proper *Vehicles*, or Compoſition with other *Salleting*, ſprinkl'd among them; But give a more palatable Reliſh, being Infus'd in *Vinegar*; Eſpecially thoſe of the *Clove-Gillyflower*, *Elder*, *Orange*, *Cowſlip*, *Roſemary*, *Arch-Angel*, *Saye*, *Naſturtium Indicum*, &c. Some of them are Pickl'd, and divers

divers of them make also very pleasant and wholsome *Theas*, as do likewise the Wild *Time*, *Bugloss*, *Mint*, &c.

28. Garlick, *Allium*; dry towards Excess; and tho' both by *Spaniards* and *Italians*, and the more Southern People, familiarly eaten, with almost every thing, and esteem'd of such singular Vertue to help Concoction, and thought a Charm against all Infection and Poyson (by which it has obtain'd the Name of the *Country-man's Theriacle*) we yet think it more proper for our Northern Rustics, especially living in *Uliginous* and moist places, or such as use the *Sea*: Whilst we absolutely forbid it entrance into our *Salleting*, by reason of its intolerable Rankness, and which made it so detested of old; that the eating of it was (as we read) part of the Punishment for such as had committed

mitted the horrid'ſt Crimes. To be ſure, 'tis not for Ladies Palats, nor thoſe who court them, farther than to permit a light touch on the Diſh, with a *Clove* thereof, much better ſupply'd by the gentler *Roccombo.*

Note, That in *Spain* they ſometimes eat it boil'd, which taming its fierceneſs, turns it into Nouriſhment, or rather *Medicine.*

Ginny-Pepper, *Capſicum.* See *Pepper.*

29. Goats-beard, *Trago-pogon:* The *Root* is excellent even in *Sallet*, and very Nutritive, exceeding profitable for the Breaſt, and may be ſtew'd and dreſs'd as *Scorzonera.*

30. Hops, *Lupulus:* Hot and moiſt, rather *Medicinal*, than fit for *Sallet*; the *Buds* and young *Tendrels* excepted, which may be eaten

eaten raw; but more conveniently being boil'd, and cold like *Asparagus*: They are *Diuretic*; depurate the Blood, and open Obstructions.

31. Hyssop, *Hyssopus*; *Thymus Capitatus Creticus*; *Majoran*, *Mary-gold*, &c. as all hot, spicy *Aromatics*, (commonly growing in *Kitchin-Gardens*) are of Faculty to Comfort, and strengthen; prevalent against Melancholy and Phlegm: Plants, like these, going under the Names of *Pot-Herbs*, are much more proper for *Broths* and *Decoctions*, than the tender *Sallet*: Yet the *Tops* and *Flowers* reduc'd to Powder, are by some reserv'd for Strewings, upon the colder Ingredients; communicating no ungrateful Fragrancy.

32. Jack-by-the-Hedge, *Alliaria*, or *Sauce-alone*; has many Me-

Medicinal Properties, and is eaten as other *Sallets*, especially by Country People, growing wild under their Banks and Hedges.

33. Leeks, and *Cibbols*, *Porrum*; hot, and of Vertue Prolifick; since *Latona*, the Mother of *Apollo* long'd after them: The *Welch*, who eat them much, are observ'd to be very fruitful: They are also friendly to the Lungs and Stomach, being sod in Milk; a few therefore of the slender and green Summities, a little shred, do not amiss in Composition. See *Onion*.

34. Lettuce, *Lactuca*: Tho' by *Metaphor* call'd * *Mortuorum Cibi*, (to say nothing of † *Adonis*

* Eubulus.

† In Lactuca occultatum à Venere Adonin cecinit *Callimachus*, quod Allegoricè interpretatus *Athenæus* illuc referendum putat, quod in Venerem hebetiores fiant Lactucis vescentes assidué.

and

and his ſad *Miſtriſs*) by reaſon of its *Soporiferous* quality, ever was, and ſtill continues the principal Foundation of the univerſal *Tribe* of *Sallets*; which is to Cool and Refreſh, beſides its other Properties: And therefore in ſuch high eſteem with the Ancients; that divers of the *Valerian* Family, dignify'd and enobled their Name with that of *Lactucinii.*

It is indeed of Nature more cold and moiſt than any of the reſt; yet leſs aſtringent, and ſo harmleſs that it may ſafely be eaten raw in Fevers; for it allays Heat, bridles Choler, extinguiſhes Thirſt, excites Appetite, kindly Nouriſhes, and above all repreſſes Vapours, conciliates Sleep, mitigates Pain; beſides the effect it has upon the Morals, *Temperance* and *Chaſtity*. *Galen* (whoſe beloved *Sallet* it was) from its *pinguid*, *ſubdulcid* and agreeable

Na-

Nature, says it breeds the most laudable Blood. No marvel then that they were by the Ancients called *Sana*, by way of eminency, and so highly valu'd by the great * *Augustus*, that attributing his Recovery of a dangerous Sickness to them, 'tis reported, he erected a *Statue*, and built an *Altar* to this noble Plant. And that the most abstemious and excellent Emperor † *Tacitus* (spending almost nothing at his frugal Table in other Dainties) was yet so great a Friend to *Lettuce*, that he was us'd to say of his Prodigality, *Somnum se mercari illa sumptus effusione*: How it was celebrated by *Galen* we have heard; how he us'd it he tells himself; namely, beginning with

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* Apud Sueton.

† Vopiscus Tacit. *For the rest both of the Kinds and Vertues of* Lettuce, *See* Plin. H. Nat. l. xix. c. 8. *and* xx. c. 7. Fernel. *&c.*

Lettuce in his younger Days, and concluding with it when he grew old, and that to his great advantage. In a word, we meet with nothing among all our crude Materials and *Sallet* ſtore, ſo proper to mingle with any of the reſt, nor ſo wholſome to be eaten alone, or in Compoſition, moderately, and with the uſual *Oxolæum* of *Vinegar*, *Pepper*, and *Oyl*, &c. which laſt does not ſo perfectly agree with the *Alphange*, to which the Juice of *Orange*, or *Limon* and *Sugar* is more deſirable: *Ariſtoxenus* is reported to have irrigated his *Lettuce*-Beds with an *Oinomelite*, or mixture of *Wine* and *Honey*: And certainly 'tis not for nothing that our Garden-Lovers, and *Brothers of the Sallet*, have been ſo exceedingly Induſtrious to cultivate this Noble Plant, and multiply its *Species*; for to name a few in preſent uſe: We have the *Al-*

phange of *Montpelier*, crisp and delicate; the *Arabic*; *Amber-velleres*; *Belgrade*, *Cabbage*, *Capuchin*, *Cross-Lettuce*, *Curl'd*; the *Genoa* (lasting all the Winter) the *Imperial*, *Lambs*, or *Agnine*, and *Lobbs* or *Lop-Lettuces*. The *French Minion* a dwarf kind: The *Oak-Leaf*, *Passion*, *Roman*, *Shell*, and *Silesian*, hard and crimp (esteemed of the best and rarest) with divers more: And here let it be noted, that besides three or four sorts of this Plant, and some few of the rest, there was within our remembrance, rarely any other *Salleting* serv'd up to the best Tables; with unblanch'd *Endive*, *Succory*, *Purselan*, (and indeed little other variety) *Sugar* and *Vinegar* being the constant *Vehicles* (without *Oyl*) but now *Sugar* is almost wholly banish'd from all, except the more effeminate Palates, as too much palling, and taking from the grateful

ful *Acid* now in uſe, tho' otherwiſe not totally to be reproved: *Lettuce* boil'd and *Condited* is ſometimes ſpoken of.

35. Limon, *Limonia, citrea mala*; exceedingly refreſhing, *Cordial*, &c. The Pulp being blended with the Juice, ſecluding the over-ſweet or bitter. See *Orange*.

36. Mallow, *Malva*; the curl'd, emollient, and friendly to the *Ventricle*, and ſo rather Medicinal; yet may the Tops, well boil'd, be admitted, and the reſt (tho' out of uſe at preſent) was taken by the Poets for all *Sallets* in general. *Pythagoras* held *Malvæ folium Sanctiſſimum*; and we find *Epimenides* in * *Plato* at his *Mallows* and *Aſphodel*; and indeed it was of

* De Legib.

old the first Dish at Table: The *Romans* had it also *in deliciis*, ¶ *Malvæ salubres corpori*, approved by * *Galen* and † *Dioscorides*; namely the *Garden-Mallow*, by others the *Wild*; but I think both proper rather for the *Pot*, than *Sallet*. *Nonius* supposes the tall *Rosea*, *Arborescent Holi-hocks*, that bears the broad Flower, for the best, and very || *Laxative*; but by reason of their clammines and *Lentor*, banished from our *Sallet*, tho' by some commended and eaten

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¶ *Hor.* Epod. II.

* De Simp. Medic. *L.* vii.

† *Lib.* ii. *cap.* 3.

|| Exoneraturas Ventrem mihi Villica Malvas
Attulit, & varias, quas habet hortus, Opes.
Mart. Lib. x.

And our sweet Poet:

——Nulla est humanior herba,
Nulla magis suavi commoditate bona est,
Omnia tam placidè regerat, blandéque relaxat,
Emollítque vias, nec sinit esse rudes.
Cowl. *Plan. L.* 4.

with

with *Oyl* and *Vinegar*, and ſome with *Butter*.

Mercury, *Bonus Henricus*, Engliſh Mercury, or *Lapathum Unctuoſum*. See *Blitum*.

37. Melon, *Melo*; to have been reckon'd rather among *Fruits*; and tho' an uſual Ingredient in our *Sallet*; yet for its tranſcendent delicacy and flavor, cooling and exhilarating Nature (if ſweet, dry, weighty, and well-fed) not only ſuperior to all the *Gourd*-kind, but Paragon with the nobleſt Productions of the Garden. *Joſ. Scaliger* and *Caſaubon*, think our *Melon* unknown to the Ancients, (which others contradict) as yet under the name of *Cucumers*: But he who reads how artificially they were Cultivated, rais'd under Glaſſes, and expos'd to the hot Sun, (for *Tiberius*) cannot well

doubt of their being the ſame with ours.

There is alſo a *Winter-Melon*, large and with black Seeds, exceedingly Cooling, brought us from abroad, and the hotter Climates, where they drink *Water* after eating *Melons*; but in the colder (after all diſpute) *Wine* is judg'd the better: That it has indeed by ſome been accus'd as apt to corrupt in the Stomach (as do all things elſe eaten in exceſs) is not deny'd: But a perfect good *Melon* is certainly as harmleſs a Fruit as any whatſoever; and may ſafely be mingl'd with *Sallet*, in Pulp or Slices, or more properly eaten by it ſelf, with a little *Salt* and *Pepper*; for a *Melon* which requires *Sugar* to commend it, wants of Perfection. *Note*, That this Fruit was very rarely cultivated in *England*, ſo as to bring it to Maturity, till Sir *Geo. Gardner* came out of *Spain*.

Spain. I my ſelf remembring, when an ordinary *Melon* would have been ſold for five or ſix Shillings. The ſmall unripe Fruit, when the others are paſt, may be Pickl'd with *Mango*, and are very delicate.

38. Mint, *Mentha*; the *Anguſtifolia Spicata*, Spear-Mint; dry and warm, very fragrant, a little preſs'd, is friendly to the weak Stomach, and powerful againſt all *Nervous* Crudities: The gentler Tops of the *Orange-Mint*, enter well into our Compoſition, or are grateful alone (as are alſo the other ſorts) with the Juice of *Orange*, and a little *Sugar*.

39. Muſhroms, *Fungi*; By the * Orator call'd *Terræ*, by *Porphyry Deorum filii*, without Seed. (as

* Cic. *ad Attic.*

produc'd by the Midwifry of *Autumnal* Thunder-Storms, portending the Miſchief they cauſe) by the *French*, *Champignons*, with all the Species of the *Boletus*, &c. for being, as ſome hold, neither *Root*, *Herb*, *Flower*, nor *Fruit*, nor to be eaten crude; ſhould be therefore baniſh'd entry into our *Sallet*, were I to order the Compoſition; however ſo highly contended for by many, as the very principal and top of all the reſt; whilſt I think them tolerable only (at leaſt in this *Climate*) if being freſh and skilfully choſen, they are accommodated with the niceſt Care and Circumſpection; generally reported to have ſomething malignant and noxious in them: Nor without cauſe; from the many ſad Examples, frequent Miſchiefs, and funeſt Accidents they have produc'd, not only to particular Perſons, but whole Fa-

Families: Exalted indeed they were to the second Course of the *Cæsarian Tables*, with the noble Title Βρῶμα θεῶν, a Dainty fit for the *Gods* alone; to whom they sent the Emperor **Claudius*, as they have many since, to the other World. But he that reads how *Seneca* ∴ deplores his lost Friend, that brave Commander *Annæus Serenus*, and several other gallant Persons with him, who all of them perish'd at the same Repast; would be apt to ask with the † *Naturalist* (speaking of this suspicious Dainty) *Quæ voluptas tanta ancipitis cibi?* and who indeed would hazard it? So true is that of the Poet; He that eats *Mushroms*, many times *Nil amplius edit*, eats no more perhaps

* Sueton. *in Claudi.*
∴ Sen. Ep. lxiii.
† Plin. N. H. *l.* xxii. *c.* 23.

all

all his Life after. What other deterring *Epithets* are given for our Caution, Βάρη πνιγόεντα μυκήτων, *heavy* and *choaking*. (*Athenæus* reporting of the Poet *Euripides*'s, finding a Woman and her three Children ſtrangl'd by eating of them) one would think ſufficient warning.

Among theſe comes in the *Fungus Reticularis*, to be found about *London*, as at *Fulham* and other places; whilſt at no ſmall charge we ſend for them into *France*; as we alſo do for *Truffles*, *Peg-nuts*, and other ſubterraneous *Tubera*, which in *Italy* they fry in Oyl, and eat with *Pepper*: They are commonly diſcovered by a *Naſute Swine*, purpoſely brought up; being of a Cheſs-nut Colour, and heady Smell, and not ſeldom found in *England*, particularly in a Park of my Lord *Cotton*'s, at *Ruſhton* or *Rusbery* in *Northampton*-ſhire, and doubtleſs

in

n other † places too were they ſought after. How theſe rank and provocative Excreſcences are to be ‖ treated (of themſelves inſipid enough, and only famous for their kindly taking any Pickle or *Conditure*) that they may do the leſs Miſchief, we might here ſet down. But ſince there be ſo many ways of Dreſſing them, that I can incourage none to uſe them, for Reaſons given (beſides that they do not at all concern our ſafer and innocent *Sallet* Furniture) I forbear it; and referr thoſe who long after this beloved *Ragout*, and other *Voluptuaria Venena* (as *Seneca* calls them) to what our Learned Dr. *Lyſter** ſays of the many Venomous *Inſects* harbouring and corrupting in a

‖ Apitius, *lib.* vii. *cap.* 13.
† Tranſact. Philoſ. *Num.* 202.
* Philoſ. Tranſact. *Num.* 89. *Journey to* Paris.

new

new found-out Species of *Muſhroms* had lately *in deliciis*. Thoſe, in the mean time, which are eſteemed beſt, and leſs pernicious, (of which ſee the *Appendix*) are ſuch as riſe in rich, airy, and dry † Paſture-Grounds; growing on the Staff or *Pedicule* of about an Inch thick and high; moderately Swelling (*Target*-like) round and firm, being underneath of a pale ſaffroniſh hue, curiouſly radiated in parallel Lines and Edges, which becoming either Yellow, Orange, or Black, are to be rejected: But beſides what the Harveſt-Months produce, they are likewiſe rais'd * Artificially; as at *Naples* in their Wine-Cellars, upon an heap of rank Earth, heaped upon a

† Pratenſibus optima fungis Natura eſt: aliis male creditur, *Hor. Sat. l. 7. Sat. 4.*

* Bacon *Nat. Hiſt.* 12. Cent. vii. 547, 548, &c.

cer-

certain ſuppoſed *Stone*, but in truth, (as the curious and noble * *Peireſky* tells us, he found to be) nothing but an heap of old *Fungus*'s, reduc'd and compacted to a ſtony hardneſs, upon which they lay Earth, and ſprinkle it with warm Water, in which *Muſhroms* have been ſteeped. And in *France*, by making an hot Bed of *Aſſes*-Dung, and when the heat is in Temper, watering it (as above) well impregnated with the Parings and Offals of refuſe *Fungus*'s; and ſuch a Bed will laſt two or three Years, and ſometimes our common *Melon*-Beds afford them, beſides other Experiments.

40. Muſtard, *Sinapi*; exceeding hot and *mordicant*, not only

* Gaſſend. *Vita Peirſ.* l. iv. Raderus *Mart.* l. Epig. xlvi. In ponticum, *ſays, within four Days.*

in

in the Seed but Leaf alſo; eſpecially in *Seedling* young Plants, like thoſe of *Radiſhes* (newly peeping out of the Bed) is of incomparable effect to quicken and revive the Spirits; ſtrengthening the Memory, expelling heavineſs, preventing the Vertiginous Palſie, and is a laudable *Cephalick*. Beſides it is an approv'd *Antiſcorbutick*; aids Concoction, cuts and diſſipates Phlegmatick Humours. In ſhort, 'tis the moſt noble *Embamma*, and ſo neceſſary an Ingredient to all cold and raw *Salleting*, that it is very rarely, if at all, to be left out. In *Italy* in making *Muſtard*, they mingle *Limon* and *Orange*-Peel, with the Seeds. How the beſt is made, ſee hereafter.

Naſturtium Indicum. See *Creſſes*.

41. Nettles, *Urtica*; Hot, dry, *Diuretic*, *Solvent*; purifies the Blood:

Blood: The Buds, and very tender *Cimæ*, a little bruiſed, are by ſome eaten raw, by others boil'd, eſpecially in *Spring-Pottage*, with other Herbs.

42. Onion, *Cepa*, *Porrum*; the beſt are ſuch as are brought us out of *Spain*, whence they of St. *Omers* had them, and ſome that have weigh'd eight Pounds. Chooſe therefore the large, round, white, and thin Skin'd. Being eaten crude and alone with *Oyl*, *Vinegar*, and *Pepper*, we own them in *Sallet*, not ſo hot as *Garlick*, nor at all ſo rank: Boil'd, they give a kindly reliſh; raiſe Appetite, corroborate the Stomach, cut Phlegm, and profit the *Aſthmatical*: But eaten in exceſs, are ſaid to offend the Head and Eyes, unleſs *Edulcorated* with a gentle maceration. In the mean time, as to their being noxious to the Sight, is imputable only

to

to the Vapour rising from the raw Onion, when peeled, which some commend for its purging and quickning that Sense. How they are us'd in Pottage, boil'd in Milk, stew'd, *&c.* concerns the Kitchin. In our cold *Sallet* we supply them with the *Porrum Sectile*, Tops of *Leeks*, and *Eschalots* (*Ascalonia*) of gust more exalted, yet not to the degree of *Garlick*. Or (by what of later use is much preferr'd) with a *Clove* or two of *Raccombo*, of a yet milder and delicate nature, which by rubbing the Dish only, imparts its Vertue agreeably enough. In *Italy* they frequently make a *Sallet* of *Scalions*, *Cives*, and *Chibbols* only season'd with *Oyl* and *Pepper*; and an honest laborious Country-man, with good *Bread*, *Salt*, and a little *Parsley*, will make a contented Meal with a roasted *Onion*. How this noble *Bulb* was deified in

* *Egypt*

* *Egypt* we are told, and that whilſt they were building the *Pyramids*, there was ſpent in this Root † *Ninety Tun* of *Gold* among the Workmen. So luſhious and tempting it ſeems they were, that as whole Nations have ſubſiſted on them alone; ſo the *Iſraelites* were ready to return to *Slavery* and *Brick-making* for the love of them. Indeed *Hecamedes* we find preſents them to *Patroclus*, in *Homer*, as a *Regalo*: But certainly we are either miſtaken in the *Species* (which ſome will have to be *Melons*) or uſe *Poetick* Licence, when we ſo highly magnify them.

43. Orach, *Atriplex*: Is cooling, allays the *Rituit* Humor: Being ſet over the Fire, neither

* O Sanctas gentes, quibus hæc naſcuntur in Numina. —— *Juv. Sat.* 15. (hortis

† Herodotus.

this, nor *Lettuce*, needs any other Water than their own moisture to boil them in, without Expression: The tender Leaves are mingl'd with other cold *Salleting*; but 'tis better in Pottage. See *Blitum*.

44. Orange, *Arantiæ* (*Malum aureum*) moderately dry, cooling, and incisive; sharpens Appetite, exceedingly refreshes and refits Putrefaction: We speak of the *Sub acid*; the sweet and bitter *Orange* being of no use in our *Sallet*. The *Limon* is somewhat more acute, cooling and extinguishing Thirst; of all the Ὀξύβαφα the best *succedaneum* to *Vinegar*. The very Spoils and Rinds of *Orange* and *Limon* being shred and sprinkl'd among the other Herbs, correct the Acrimony. But they are the tender *Seedlings* from the *Hot-Bed*, which impart an *Aromatic* exceed-

ceedingly grateful to the Stomach. *Vide* Limon.

45. Parsnep, *Pastinaca*, Carrot; first boil'd, being cold, is of it self a Winter-*Sallet*, eaten with *Oyl*, *Vinegar*, &c. and having something of Spicy; is by some, thought more nourishing than the *Turnep*.

46. Pease, *Pisum*; the *Pod* of the *Sugar-Pease*, when first beginning to appear, with the *Husk* and *Tendrels*, affording a pretty *Acid*, enter into the Composition, as do those of *Hops* and the *Vine*.

47. Peper, *Piper*; hot and dry in a high degree; of approv'd Vertue against all flatulency proceeding from cold and phlegmatic Constitutions, and generally all Crudities whatsoever; and therefore for being of

universal use to correct and temper the cooler Herbs, and such as abound in moisture; It is a never to be omitted Ingredient of our *Sallets*; provided it be not too minutely beaten (as oft we find it) to an almost impalpable Dust, which is very pernicious, and frequently adheres and sticks in the folds of the Stomach, where, instead of promoting Concoction, it often causes a *Cardialgium*, and fires the Blood: It should therefore be grosly contus'd only.

Indian Capsicum, superlatively hot and burning, is yet by the *Africans* eaten with *Salt* and *Vinegar* by it self, as an usual Condiment; but wou'd be of dangerous consequence with us; being so much more of an acrimonious and terribly biting quality; Which by Art and Mixture is notwithstanding render'd not only safe, but very agreeable in our *Sallet*.

Take

Take the *Pods*, and dry them well in a Pan; and when they are become sufficiently hard, cut them into small pieces, and stamp 'em in a Mortar to dust: To each Ounce of which add a Pound of *Wheat-flour*, fermented with a little *Levain*: Kneed and make them into Cakes or Loaves cut long-wise, in shape of *Naples-Biscuit*. These Re-bake a second time, till they are Stone-hard: Pound them again as before, and serce it through a fine Sieve, for a very proper Seasoning, instead of vulgar *Peper*. The Mordicancy thus allay'd, be sure to make the Mortar very clean, after having beaten *Indian Capsicum*, before you stamp any thing in it else. The green Husks, or first peeping Buds of the *Walnut*-Tree, dry'd to Powder, serve for *Peper* in some places, and so do *Myrtle berries*.

48. Perſley, *Petroſelinum*, or *Apium hortenſe*; being hot and dry, opens Obſtructions, is very *Diuretic*, yet nouriſhing, *edulcorated* in ſhifted warm Water (the Roots eſpecially) but of leſs Vertue than *Alexanders*; nor ſo convenient in our crude *Sallet*, as when decocted on a Medicinal Account. Some few tops of the tender Leaves may yet be admitted; tho' it was of old, we read, never brought to the Table at all, as ſacred to *Oblivium* and the *Defunct*. In the mean time, there being nothing more proper for Stuffing, (*Farces*) and other *Sauces*, we conſign it to the *Olitories*. Note, that *Perſley* is not ſo hurtful to the Eyes as is reported. See *Sellery*.

49. Pimpernel, *Pimpinella*; eaten by the *French* and *Italians*, is our common *Burnet*; of ſo chear-

chearing and exhilarating a quality, and so generally commended, as (giving it admittance into all *Sallets*) 'tis pass'd into a Proverb:

L' Insalata non è buon, ne bella,
Ove non è la Pimpinella.

But a fresh sprig in *Wine*, recommends it to us as its most genuine Element.

50. Purslain, *Portulaca*; especially the *Golden* whilst tender, next the Seed-leaves, with the young Stalks, being eminently moist and cooling, quickens Appetite, asswages Thirst, and is very profitable for hot and *Bilious* Tempers, as well as *Sanguine*, and generally entertain'd in all our *Sallets*, mingled with the hotter Herbs: 'Tis likewise familiarly eaten alone with *Oyl* and

Vinegar; but with moderation, as having been sometimes found to corrupt in the Stomach, which being *Pickl'd* 'tis not so apt to do. Some eat it cold, after it has been boil'd, which Dr. *Muffet* would have in *Wine*, for Nourishment.

The Shrub *Halimus*, is a sort of *Sea-Purslain*: The newly peeping Leaves (tho' rarely us'd) afford a no unpleasant *Acidulæ*, even during Winter, if it prove not too severe.

Purslain is accus'd for being hurtful to the *Teeth*, if too much eaten.

51. Radish, *Raphanus*. Albeit rather Medicinal, than so commendably accompanying our *Sallets* (wherein they often slice the larger Roots) are much inferior to the young Seedling Leaves and Roots; rai-

aiſed on the * Monthly *Hot-Bed*, almoſt the whole Year round, affording a very grateful mordacity, and ſufficiently attempers the cooler Ingredients: The bigger Roots (ſo much deſir'd) ſhould be ſuch as being tranſparent, eat ſhort and quick, without ſtringineſs, and not too biting. Theſe are eaten alone with *Salt* only, as carrying their *Peper* in them; and were indeed by *Dioſcorides* and *Pliny* celebrated above all Roots whatſoever; inſomuch as in the *Delphic* Temple, there was *Raphanus ex auro dicatus*, a Radiſh of ſolid Gold; and 'tis ſaid of *Moſchius*, that he wrote a whole Volume in their praiſe. Notwithſtanding all which, I am ſure, the great † *Hippocrates* utterly condemns them, as *Vitioſæ*, *innatan-*

* τῶρὸ τὸ ῥᾳδίως φαίνεσθαι, quia tertio à ſatu die appareat.

† De diæta *lib.* ii. *cap.* 25.

tes

tes ac ægre concoctiles. And the *Naturalist* calls it *Cibus Illiberalis*, fitter for *Rustics* than *Gentlemens* Tables. And indeed (besides that they decay the Teeth) experience tells us, that as the Prince of *Physicians* writes, It is hard of Digestion, *Inimicous* to the Stomach, causing nauseous Eructations, and sometimes Vomiting, tho' otherwise *Diuretic*, and thought to repel the Vapours of *Wine*, when the *Wits* were at their genial *Club*. *Dioscorides* and † *Galen* differ about their Eating; One prescribes it before Meals, the latter for after. Some macerate the young Roots in warm Milk, to render them more *Nourishing*.

There is a *Raphanus rusticanus*, the *Spanish* black *Horse Radish*, of a hotter quality, and not so

† De Aliment. Facult. *lib.* ii.

friendly

friendly to the Head; but a notable *Antiscorbutic*, which may be eaten all the Winter, and on that account an excellent Ingredient in the Composition of *Mustard*; as are also the thin Shavings, mingled with our cold Herbs. And now before I have done with this Root, for an excellent and universal *Condiment*. Take *Horse-Radish*, whilst newly drawn out of the Earth, otherwise laid to steep in Water a competent time; then *grate* it on a *Grater* which has no bottom, that so it may pass thro', like a Mucilage, into a Dish of Earthen Ware: This temper'd with *Vinegar*, in which a little *Sugar* has been dissolv'd, you have a *Sauce* supplying *Mustard* to the *Sallet*, and serving likewise for any Dish besides.

52. *Ram-*

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52. *Ram-*

52. Rampion, *Rapunculus*, or the *Esculent Campanula:* The tender Roots eaten in the Spring, like those of *Radishes*, but much more Nourishing.

53. Rocket, *Eruca Spanish*; hot and dry, to be qualified with *Lettuce*, *Purcelain*, and the rest, &c. See *Tarragon.*

Roccombo. See *Onions.*

54. Rosemary, *Rosmarinus*; Soverainly *Cephalic*, and for the *Memory*, *Sight*, and *Nerves*, incomparable: And tho' not us'd in the Leaf with our *Sallet* furniture, yet the *Flowers*, a little bitter, are always welcome in *Vinegar*; but above all, a fresh Sprig or two in a Glass of *Wine.* See *Flowers.*

55. Sage,

55. Sage, *Salvia*; hot and dry. The tops of the *Red*, well pick'd and wash'd (being often defil'd with Venomous Slime, and almost imperceptible *Insects*) with the *Flowers*, retain all the noble Properties of the other hot Plants; more especially for the *Head*, *Memory*, *Eyes*, and all *Paralytical* Affections. In short, 'tis a Plant endu'd with so many and wonderful Properties, as that the assiduous use of it is said to render Men *Immortal:* We cannot therefore but allow the tender *Summities* of the young Leaves; but principally the *Flowers* in our cold *Sallet*; yet so as not to domineer.

Salsifax, *Scorzonera.* See *Vipergrass.*

56. Sampier, *Crithmum:* That growing on the Sea-Cliffs (as about

about *Dover*, &c.) not only *Pickl'd*, but crude and cold, when young and tender (and such as we may Cultivate, and have in our *Kitchin-Gardens*, almost the Year round) is in my Opinion, for its *Aromatic*, and other excellent Vertues and Effects against the *Spleen*, Cleansing the Passages, sharpning Appetite, *&c.* so far preferrable to most of our hotter Herbs, and *Sallet*-Ingredients, that I have long wonder'd, it has not been long since propagated in the *Potagene*, as it is in *France*; from whence I have often receiv'd the Seeds, which have prosper'd better, and more kindly with me, than what comes from our own Coasts: It does not indeed *Pickle* so well, as being of a more tender Stalk and Leaf: But in all other respects for composing *Sallets*, it has nothing like it.

57. Sca-

57. Scalions, *Ascalonia, Cepæ*; The *French* call them *Appetites*, which it notably quickens and stirs up: Corrects Crudities, and promotes Concoction. The *Italians* steep them in Water, mince, and eat them cold with *Oyl*, *Vinegar*, *Salt*, &c.

58. Scurvy-grass, *Cochlearia*, of the Garden, but especially that of the Sea, is sharp, biting, and hot; of Nature like *Nasturtium*, prevalent in the *Scorbute*. A few of the tender Leaves may be admitted in our Composition. See *Nasturtium Indicum*.

59. Sellery, *Apium Italicum*, (and of the *Petroseline* Family) was formerly a stranger with us (nor very long since in *Italy*) is an hot and more generous sort of *Macedonian Persley*, or *Smallage*. The tender Leaves of the *Blanch't* Stalk

Stalk do well in our *Sallet*, as likewise the slices of the whiten'd Stems, which being crimp and short, first peel'd and slit long wise, are eaten with *Oyl*, *Vinegar*, *Salt*, and *Peper*; and for its high and grateful Taste, is ever plac'd in the middle of the *Grand Sallet*, at our Great Mens Tables, and *Prætors* Feasts, as the Grace of the whole Board. *Caution* is to be given of a small red *Worm*, often lurking in these Stalks, as does the green in *Fennil.*

Shallots. See *Onion.*

60. Skirrets, *Sisarum*; hot and moist, corroborating, and good for the Stomach, exceedingly nourishing, wholsome and delicate; of all the *Root-kind*, not subject to be Windy, and so valued by the Emperor *Tiberius*, that he accepted them for Tribute.

This

This excellent Root is seldom eaten raw; but being boil'd, stew'd, roasted under the Embers, bak'd in Pies, whole, sliced, or in pulp, is very acceptable to all Palates. 'Tis reported they were heretofore something bitter; See what Culture and Education effects!

61. Sorrel, *Acetosa*: of which there are divers kinds. The *French Acetocella*, with the round Leaf, growing plentifully in the *North* of *England*; *Roman Oxalis*; the broad *German*, &c. but the best is of *Green-Land*: by nature Cold, Abstersive, Acid, sharpning Appetite, asswages Heat, cools the Liver, strengthens the Heart; is an *Antiscorbutic*, resisting Putrefaction, and imparting so grateful a quickness to the rest, as supplies the want of *Orange*, *Limon*, and other *Omphacia*, and therefore never

to be excluded. Vide *Wood-Sorrel.*

62. Sow-thistle, *Sonchus*; of the *Intybus*-kind. *Galen* was us'd to eat it as *Lettuce*; exceedingly welcome to the late *Morocco* Ambassador and his Retinue.

63. Sparagus, *Asparagus* (*ab Asperitate*) temperately hot, and moist; *Cordial*, *Diuretic*, easie of Digestion, and next to *Flesh*, nothing more nourishing, as *Sim. Sethius*, an excellent Physician holds. They are sometimes, but very seldom, eaten raw with *Oyl*, and *Vinegar*; but with more delicacy (the bitterness first exhausted) being so speedily boil'd, as not to lose the *verdure* and agreeable tenderness; which is done by letting the Water boil, before you put them in. I do not esteem the *Dutch* great and larger

larger ſort (eſpecially rais'd by the rankneſs of the Beds) ſo ſweet and agreeable, as thoſe of a moderate ſize.

64. Spinach, *Spinachia*: of old not us'd in *Sallets*, and the oftner kept out the better; I ſpeak of the *crude*: But being boil'd to a *Pult*, and without other Water than its own moiſture, is a moſt excellent Condiment with *Butter*, *Vinegar*, or *Limon*, for almoſt all ſorts of boil'd Fleſh, and may accompany a Sick Man's Diet. 'Tis *Laxative* and *Emollient*, and therefore profitable for the Aged, and (tho' by original a *Spaniard*) may be had at almoſt any Seaſon, and in all places.

Stone-Crop, *Sedum Minus*. See *Trick-Madame*.

65. Succory, *Cichorium*, an *Intube*; erratic and wild, with a narrow dark Leaf, different from the *Sative*, tho' probably by culture only; and for being very bitter, a little *edulcorated* with *Sugar* and *Vinegar*, is by some eaten in the Summer, and more grateful to the Stomach than the Palate. See *Endive.*

66. Tansy, *Tanacetum*; hot and cleansing; but in regard of its domineering relish, sparingly mixt with our cold *Sallet*, and much fitter (tho' in very small quantity) for the Pan, being qualified with the Juices of other fresh Herbs, *Spinach*, *Green Corn*, *Violet*, *Primrose-Leaves*, &c. at entrance of the Spring, and then fried brownish, is eaten hot with the Juice of *Orange* and *Sugar*, as one of the most agreeable of all the boil'd *Herbaceous* Dishes.

67. Tar-

67. Tarragon, *Draco Herba*, of *Spaniſh* Extraction; hot and ſpicy: The Tops and young Shoots, like thoſe of *Rochet*, never to be ſecluded our Compoſition, eſpecially where there is much *Lettuce*. 'Tis highly cordial and friendly to the Head, Heart, Liver, correcting the weakneſs of the Ventricle, *&c.*

68. Thiſtle, *Carduus Mariæ*; our Lady's milky or dappl'd Thiſtle, diſarm'd of its Prickles, is worth eſteem: The young Stalk about *May*, being peel'd and ſoak'd in Water, to extract the bitterneſs, boil'd or raw, is a very wholſome *Sallet*, eaten with *Oyl*, *Salt*, and *Peper*; ſome eat them ſodden in proper Broath, or bak'd in Pies, like the *Artichock*; but the tender Stalk boil'd or fry'd, ſome preferr; both Nouriſhing and Reſtorative.

69. Trick-Madame, *Sedum minus*, Stone-Crop; is cooling and moiſt, grateful to the Stomach. The *Cimata* and Tops, when young and tender, dreſs'd as *Purſelane*, is a frequent Ingredient in our cold *Sallet*.

70. Turnep, *Rapum*; moderately hot and moiſt: *Napus*; the long *Navet* is certainly the moſt delicate of them, and beſt Nouriſhing. *Pliny* ſpeaks of no fewer than ſix ſorts, and of ſeveral Colours; ſome of which were ſuſpected to be artificially tinged. But with us, the yellow is preferr'd; by others the red *Bohemian*. But of whatever kind, being ſown upon the *Hot-bed*, and no bigger than ſeedling *Radiſh*, they do excellently in Compoſition; as do alſo the Stalks of the common *Turnep*, when firſt beginning to Bud.

And

And here ſhould not be forgotten, that wholſome, as well as agreeable ſort of *Bread*, we are * taught to make; and of which we have eaten at the greateſt Perſons Tables, hardly to be diſtinguiſh'd from the beſt of *Wheat*.

Let the *Turneps* firſt be peel'd, and boil'd in Water till ſoft and tender; then ſtrongly preſſing out the Juice, mix them together, and when dry (beaten or pounded very fine) with their weight of Wheat-Meal, ſeaſon it as you do other *Bread*, and knead it up; then letting the Dough remain a little to *ferment*, faſhion the Paſte into Loaves, and bake it like common Bread.

Some roaſt *Turneps* in a Paper under the Embers, and eat them with *Sugar* and *Butter*.

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* *Philoſ. Tranſact.* Vol. xvii. Num. 205. p. 970.

71. Vine, *Vitis*, the *Capreols*, *Tendrels*, and *Claſpers* (like thoſe of the *Hop*, &c.) whilſt very young, have an agreeable *Acid*, which may be eaten alone, or with other *Sallet*.

72. Viper-graſs, *Tragopogon*, *Scorzonera*, *Salſifex*, &c. tho' Medicinal, and excellent againſt the *Palpitation of the Heart*, *Faintings*, *Obſtruction of the Bowels*, &c. are beſides a very ſweet and pleaſant *Sallet*; being laid to ſoak out the bitterneſs, then peel'd, may be eaten raw, or *Condited*; but beſt of all ſtew'd with *Marrow*, *Spice*, *Wine*, &c. as *Artichoak*, *Skirrets*, &c. ſliced or whole. They likewiſe may bake, fry, or boil them; a more excellent Root there is hardly growing.

73. Wood-

73. Wood-Sorrel, *Trifolium acetosum*, or *Alleluja*, of the nature of other *Sorrels*.

To all which might we add sundry more, formerly had in *deliciis*, since grown *obsolete* or quite neglected with us: As among the noblest *Bulbs*, that of the *Tulip*; a Root of which has been valued not to eat, but for the *Flower* (and yet eaten by mistake) at more than an hundred Pounds. The young fresh *Bulbs* are sweet and high of taste.

The *Asphodil* or *Daffodil*; a *Sallet* so rare in *Hesiod*'s Days, that *Lobel* thinks it the *Parsnep*, tho' not at all like it; however it was (with the *Mallow*) taken anciently for any *Edule*-Root.

The *Ornithogalons* roasted, as they do *Chestnuts*, are eaten by the *Italians*, the wild yellow espe-

eſpecially, with *Oyl*, *Vinegar*, and *Peper*. And ſo the ſmall *tuberous* Roots of *Gramen Amygdaloſum*, which they alſo roaſt, and make an *Emulſion* of, to uſe in Broaths as a great Reſtorative. The *Oxylapathum*, not us'd of old; in the time of *Galen* was eaten frequently. As alſo *Dracontium*, with the Mordicant *Arum Theophraſti*, which *Dodonæus* teaches how to Dreſs. Nay, divers of the *Satyrions*, which ſome condited with *Sugar*, others boil'd in Milk for a great Nouriſher, now diſcarded. But what think we of the *Cicuta*, which there are who reckon among *Sallet* Herbs? But whatever it is in any other Country, 'tis certainly Mortiferous in ours. To theſe add the *Viola Matronalis*, *Radix Lunaria*, &c. nay, the *Green Popy*, by moſt accounted among the deadly Poyſons: How cautious then ought our *Sallet*-Gatherers to be, in reading an-

ancient Authors; leſt they happen to be impos'd on, where they treat of Plants, that are familiarly eaten in other Countries, and among other Nations and People of more robuſt and ſtrong Conſtitutions? beſides the hazard of being miſtaken in the Names of divers *Simples*, not as yet fully agreed upon among the Learned in *Botany*.

There are beſides ſeveral remaining, which tho' *Abdicated* here with us, find Entertainment ſtill in Foreign Countries: As the large *Heliotrope* and Sun-flower (e're it comes to expand, and ſhew its golden Face) which being dreſs'd as the *Artichoak*, is eaten for a dainty. This I add as a new Diſcovery. I once made *Macaroons* with the ripe blanch'd Seeds, but the *Turpentine* did ſo domineer over all, that it did not anſwer expectation. The *Radix Perſonata* mounting

ing with their young Heads. *Lysimachia siliquosa glabra minor*, when fresh and tender, begins to come into the *Sallet*-Tribe. The pale whiter *Popy*, is eaten by the *Genoueſe*. By the *Spaniards*, the tops of *Wormwood* with *Oyl* alone, and without so much as *Bread*; profitable indeed to the Stomach, but offensive to the Head: As is also *Coriander* and *Rue*, which *Galen* was accustom'd to eat raw, and by it self, with *Oyl* and *Salt*, as exceedingly grateful, as well as wholsome, and of great vertue against Infection. *Pliny*, I remember, reports it to be of such effect for the Preservation of *Sight*; that the *Painters* of his Time, us'd to devour a great quantity of it. And it is still by the *Italians* frequently mingled among their *Sallets*. The *Lapatha Personata* (common *Burdock*) comes now. and then to the best Tables, about *April*, and when

when young, before the *Burrs* and *Clots* appear, being ſtrip'd, and the bitterneſs ſoaked out, treated as the *Chardoon*, is eaten in *Poiverade*; Some alſo boil them. More might here be reckon'd up, but theſe may ſuffice; ſince as we find ſome are left off, and gone out, ſo others be introduc'd and come in their room, and that in much greater Plenty and Variety, than was ever known by our Anceſtors. The *Cucumber* it ſelf, now ſo univerſally eaten, being accounted little better than *Poyſon*, even within our Memory, as already noted.

To conclude, and after all that has been ſaid of Plants and *Salleting*, formerly in great eſteem, (but ſince obſolete and quite rejected); What if the exalted Juice of the ancient *Silphium* ſhould come in, and challenge the Precedency? It is a

*Plant

* Plant formerly so highly priz'd, and rare for the richness of its Taste and other Vertues; that as it was dedicated to *Apollo*, and hung up in his Temple at *Delphi*; So we read of one single Root brought to the Emperor *Nero* for an extraordinary Present; and the Drug so esteem'd, that the *Romans* had long before amass'd a quantity of it, and kept it in the Treasury, till *Julius Cæsar* rob'd it, and took this away, as a thing of mighty value: In a word, it was of that Account; that as a sacred Plant, those of the *Cyrenaic Africa*, honour'd the very Figure of it, by stamping it on the Reverse of their † Coin; and when they would commend a

* *Plin.* H. Nat. Lib. xix. cap. 3. & xx. c. 22. See Jo. Tzetzes Chil. vi. 48. & xvii. 119.

† Spanheim, De usu & Præst. Numis. Dissert. 4to. *It was sometimes also the Reverse of* Jupiter Hammon.

thing

thing for its worth to the Skies, Βάττε ἄλφιον, grew into a Proverb: *Battus* having been the Founder of the City *Cyrene*, near which it only grew. 'Tis indeed conteſted among the Learned *Botanoſophiſts*, whether this Plant was not the ſame with *Laſerpitium*, and the *Laſer* it yields, the odoriferous † *Benzoin*? But doubtleſs had we the true and genuine *Silphium* (for it appears to have been often ſophiſticated, and a ſpurious ſort brought into *Italy*) it would ſoon recover its priſtine Reputation, and that it was not celebrated ſo for nothing extraordinary; ſince beſides its Medicinal Vertue; it was a wonderful Corroborater of the Stomach, a Reſtorer of loſt Appetite, and Maſculine Vigour, *&c.*

† —— οὐδ' ἂν εἰδείης γέ μοι
Τὸν πλεῖστον αὐτὸν ἢ τὸ Βάττε σίλφιον. *Ariſtoph.* in Pluto. Act. iv. Sc. 3.

and

and that they made use of it almost in every thing they eat.

But should we now really tell the World, that this precious Juice is, by many, thought to be no other than the † *Fœtid Assa*; our nicer *Sallet-Eaters* (who yet bestow as odious an Epithet on the vulgar *Garlick*) would cry out upon it as intolerable, and perhaps hardly believe it: But as *Aristophanes* has brought it in, and sufficiently describ'd it; so the *Scholiast* upon the place, puts it out of Controversy: And that they made use both of the *Leaves*, *Stalk*, (and *Extract* especially) as we now do *Garlick*, and other *Hautgouts* as nauseous altogether. In the mean time,

† *Of which some would have it a courser sort*, inamœni odoris, *as the same Comedian names it in his* Equites, *p.* 239. *and* 240. Edit. Basil. *See likewise this discuss'd, together with its Properties, most copiously, in* Jo. Budæus *a* Stapul. *Comment. in* Theophrast. lib. vi. cap. 1. *and* Bauhin. *Hist. Plant.* lib. xxvii. cap. 53.

Gar-

Garcius, *Bontius*, and others, assure us, that the *Indians* at this day universally sauce their Viands with it; and the *Bramin's* (who eat no Flesh at all) inrich their *Sallets*, by constantly rubbing the Dishes with it. Nor are some of our own skilful *Cooks* Ignorant, how to condite and use it, with the Applause of those, who, ignorant of the Secret, have admir'd the richness of the Gust it has imparted, when it has been substituted instead of all our *Cipollati*, and other seasonings of that Nature.

And thus have we done with the various *Species* of all such *Esculents* as may properly enter the Composition of our *Acetaria*, and cold *Sallet*. And if I have briefly touch'd upon their Natures, Degrees, and *primary Qualities*, which *Intend* or *Remit*, as to the Scale of *Heat*, *Cold*, *Driness*, *Moisture*, &c. (which is to be un-

derstood according to the different Texture of their *component Particles*) it has not been without what I thought necessary for the Instruction of the *Gatherer*, and *Sallet-Dresser*; how he ought to choose, sort, and mingle his Materials and Ingredients together.

What Care and Circumspection should attend the choice and collection of *Sallet* Herbs, has been partly shew'd. I can therefore, by no means, approve of that extravagant Fancy of some, who tell us, that a *Fool* is as fit to be the *Gatherer* of a *Sallet*, as a *Wiser* Man. Because, say they, one can hardly choose amiss, provided the Plants be green, young, and tender, where-ever they meet with them: But sad experience shews, how many fatal Mistakes have been committed by those who took the deadly *Cicutæ*, *Hemlocks*, *Aconits*, &c. for Garden

den *Persley*, and *Parsneps*; the *Myrrhis Sylvestris*, or *Cow-Weed*, for *Chærophilum*, (*Chervil*) *Thapsia* for *Fennel*; the wild *Chondrilla* for *Succory*; *Dogs-Mercury* instead of *Spinach*: *Papaver Corniculatum Luteum*, and horn'd *Poppy* for *Eringo*; *Oenanthe aquatica* for the *Palustral Apium*, and a world more, whose dire effects have been many times sudden Death, and the cause of Mortal Accidents to those who have eaten of them unwittingly: But supposing some of those wild and unknown Plants should not prove so *deleterious* and * unwholsome; yet may others of them annoy the *Head*, *Brain*, and *Genus Nervosum*, weaken the *Eyes*, offend the *Stomach*, affect the *Liver*, torment the *Bowels*, and discover their malignity in

* Vide *Cardanum* de usu Cibi.

dangerous and dreadful *Symptoms*. And therefore such *Plants* as are rather *Medicinal* than *Nourishing* and *Refreshing*, are studiously to be rejected. So highly necessary it is, that what we sometimes find in *old Books* concerning *Edules* of other Countries and Climates (frequently call'd by the Names of such as are wholsome in ours, and among us) mislead not the unskilful Gatherer; to prevent which we read of divers *Popes* and *Emperors*, that had sometimes Learned *Physicians* for their *Master-Cooks*. I cannot therefore but exceedingly approve of that charitable Advice of Mr. *Ray* * (*Transact. Num.* 238.) who thinks it the Interest of Mankind, that all Persons should be caution'd of adventuring upon unknown Herbs and Plants to

* *Vol.* xx.

their

their Prejudice: Of such, I say, with our excellent * *Poet* (a little chang'd)

Happy from such conceal'd, if still do lie,
Of Roots and Herbs the unwholsome *Luxury.*

The Illustrious and Learned *Columna* has, by observing what † *Insects* did usually feed on, make Conjectures of the Nature of the Plants. But I should not so readily adventure upon it on that account, as to its wholsomness: For tho' indeed one may safely eat of a *Peach* or *Abricot*, after a *Snail* has been Taster, I question whether it might be

* Cowley:
Οὐδ' ὅσον ἐν μαλάχῃ τε καὶ ἀσφοδέλῳ μέγ' ὄνειαρ
Κρύπτουσι γὰρ ἔχουσι θεοὶ βίον ἀνθρώποισι.
Hesiod.

† *Concerning this of Insects, See Mr.* Ray's *Hist. Plant.* li. 1. cap. 24.

ſo of all other Fruits and Herbs attack'd by other *Inſects*: Nor would one conclude, the *Hyoſcyamus* harmleſs, becauſe the *Cimex* feeds upon it, as the Learned Dr. *Lyſter* has diſcover'd. Notice ſhould therefore be taken what *Eggs* of *Inſects* are found adhering to the Leaves of *Sallet*-Herbs, and frequently cleave ſo firmly to them, as not eaſily to be waſh'd off, and ſo not being taken notice of, paſſing for accidental and harmleſs Spots only, may yet produce very ill effects.

Grillus, who according to the Doctrine of *Tranſmigration* (as *Plutarch* tells us) had, in his turn, been a *Beaſt*; diſcourſes how much better he fed, and liv'd, than when he was turn'd to *Man* again, as knowing then, what Plants were beſt and moſt proper for him: Whilſt Men, *Sarcophagiſts* (Fleſh-Eaters) in all this time were yet to ſeek.

And

And 'tis indeed very evident, that Cattel, and other πάνφαγα, and *herbaceous* Animals which feed on Plants, are directed by their Smell, and accordingly make election of their Food: But Men (besides the *Smell* and *Taste*) have, or should have, *Reason*, *Experience*, and the Aids of *Natural Philosophy* to be their Guides in this Matter. We have heard of *Plants*, that (like the *Basilisk*) kill and infect by * looking on them only; and some by the touch. The truth is, there's need of all the Senses to determine *Analogically* concerning the Vertues and Properties, even of the *Leaves* alone of many *Edule-Plants*: The most

* *The poyson'd Weeds: I have seen a Man, who was so poyson'd with it, that the Skin peel'd off his Face, and yet he never touch'd it, only looked on it as he pass'd by.* Mr. Stafford, *Philos. Transact.* Vol. III. Num. xl. p. 794.

eminent Principles of near the whole Tribe of *Sallet* Vegetables, inclining rather to *Acid* and *Sowre* than to any other quality, especially, Salt, Sweet, or Luscious. There is therefore Skill and Judgment requir'd, how to suit and mingle our *Sallet*-Ingredients, so as may best agree with the Constitution of the (vulgarly reputed) *Humors* of those who either stand in need of, or affect these Refreshments, and by so adjusting them, that as nothing should be suffer'd to domineer, so should none of them lose their genuine Gust, Savour, or Vertue. To this end,

The Cooler, and moderately refreshing, should be chosen to extinguish Thirst, attemper the Blood, repress Vapours, *&c.*

The Hot, Dry, Aromatic, Cordial and friendly to the Brain, may be qualify'd by the Cold and Moist: The Bitter and Stomachical

chical, with the *Sub-acid* and gentler Herbs: The *Mordicant* and pungent, and such as repress or discuss Flatulency (revive the Spirits, and aid Concoction;) with such as abate, and take off the keenness, mollify and reconcile the more harsh and churlish: The mild and insipid, animated with *piquant* and brisk: The Astringent and Binders, with such as are Laxative and Deobstruct: The over-sluggish, raw, and unactive, with those that are *Eupeptic*, and promote Concoction: There are *Pectorals* for the Breast and Bowels. Those of middle Nature, according as they appear to be more or less *Specific*; and as their Characters (tho' briefly) are describ'd in our foregoing *Catalogue*: For notwithstanding it seem in general, that raw *Sallets* and *Herbs* have experimentally been found to be the most soveraign Diet in that *Ende-*

mial

mial (and indeed with us, *Epidemical* and almoſt univerſal) Contagion the *Scorbute*, to which we of this Nation, and moſt other *Iſlanders* are obnoxious; yet, ſince the *Naſturtia* are ſingly, and alone as it were, the moſt effectual, and powerful Agents in conquering and expugning that cruel Enemy; it were enough to give the *Sallet-Dreſſer* direction how to chooſe, mingle, and proportion his Ingredients; as well as to ſhew what Remedies there are contain'd in our Magazine of *Sallet-Plants* upon all Occaſions, rightly marſhal'd and skilfully apply'd. So as (with our * ſweet *Cowley*)

If thro the ſtrong and beauteous Fence
Of Temperance and Innocence,
And wholſome Labours, and a quiet Mind,
Diſeaſes paſſage find;

* Cowley, *Garden*, Miſcel. Stanz. 8.

They

They must not think here to assail
A Land unarm'd, or without Guard,
They must fight for it, and dispute
it hard,
Before they can prevail;
Scarce any Plant is used here,
Which 'gainst some Aile a Weapon
does not bear.

We have said how necessary it is, that in the Composure of a *Sallet*, every Plant should come in to bear its part, without being over-power'd by some Herb of a stronger Taste, so as to endanger the native *Sapor* and Vertue of the rest; but fall into their places, like the *Notes* in *Music*, in which there should be nothing harsh or grating: And tho admitting some *Discords* (to distinguish and illustrate the rest) striking in the more sprightly, and sometimes gentler Notes, reconcile all Dissonancies, and melt them into an agreeable Composition,

sition. Thus the Comical *Master-Cook*, introduc'd by *Damoxenus*, when asked πῶς ἐστιν αὐτοῖς συμφονία; *What Harmony there was in Meats?* The very same (says he) that a *Diatessaron*, *Diapente*, and *Diapason* have one to another in a Consort of Music: And that there was as great care requir'd, not to mingle * *Sapores*

* Sapores minime Consentientes καὶ συμπλεκομένας ἐχὶ συμφώνες ἀφάς: Hæc despicere ingenioſi est artificis: *Neither did the Artist mingle his Provisions without extraordinary Study and Consideration:* Ἀλλὰ μίξας πάντα κατὰ συμφωνίαν. Horum singulis seorsum assumptis, tu expedito: Sic ego tanquam Oraculo jubeo.——Itaque literarum ignarum Coquum, ru cum videris, & qui Democriti scripta omnia non perlegerit, vel potius, impromptu non habeat, eum deride ut futilem: Ac illum Mercede conducito, qui Epicuri Canonem usu plane didicerit, *&c. as it follows in the* Gastronomia *of* Archestratus, Athen. lib. xxiii. *Such another* Bragadoccio Cook Horace *describes*,

Nec sibi Cœnarum quivis temerè arroget artem
Non prius exactâ tenui ratione saporem.

Sat. lib. ii. *Sat.* 4.

minime

minime consentientes, jarring and repugnant Tastes; looking upon him as a lamentable Ignorant, who should be no better vers'd in *Democritus*. The whole *Scene* is very diverting, as *Athenæus* presents it; and to the same sense *Macrobius*, *Saturn. lib.* 1. *cap.* 1. In short, the main Skill of the Artist lies in this:

What choice to choose, for delicacy best;
What Order so contriv'd, as not to mix
Tastes not well join'd, inelegant, but bring
Taste after Taste, upheld by kindliest change.

As our * *Paradisian Bard* introduces *Eve*, dressing of a *Sallet* for her *Angelical* Guest.

---

* Milton's *Paradise Lost.*

Thus

Thus, by the discreet choice and mixture of the *Oxoleon* (*Oyl, Vinegar, Salt*, &c.) the Composition is perfect; so as neither the *Prodigal*, *Niggard*, nor *Insipid*, should (according to the *Italian* Rule) prescribe in my Opinion; since *One* may be too profuse, the *Other* * over-saving, and the *Third* (like himself) give it no Relish at all: It may be too *sharp*, if it exceed a grateful *Acid*; too *Insulse* and flat, if the Profusion be extream. From all which it appears, that a Wise-Man is the proper Composer of an excellent *Sallet*, and how many *Transcendences* belong to an accomplish'd *Sallet-Dresser*, so as to emerge an exact *Critic* indeed, He should be skill'd in the Degrees, Terms, and various *Species*

* Qui
Tingat olus siccum muria vafer in calice emptâ,
Ipse sacrum irrorans piper —— Pers. *Sat.* vi.

of

of *Tastes*, according to the *Scheme* set us down in the *Tables* of the Learned * Dr. *Grew*, to which I refer the Curious.

'Tis moreover to be consider'd, that *Edule* Plants are not in all their Tastes and Vertues alike: For as Providence has made us to consist of different Parts and Members, both Internal and External; so require they different Juices to nourish and supply them: Wherefore the force and activity of some Plants lie in the *Root*; and even the *Leaves* of some *Bitter-Roots* are sweet, and *è contra*. Of others, in the *Stem*, *Leaves*, *Buds*, *Flowers*, &c. Some exert their Vigour without *Decoction*; others being a little pres'd or contus'd; others again *Raw*, and best in Consort; some alone, and *per se* without

* *Dr.* Grew, Lect. vi. c. 2, 3.

any

any σκευασία, Preparation, or Mixture at all. Care therefore must be taken by the *Collector*, that what he gathers answer to these Qualities; and that as near as he can, they consist (I speak of the *cruder Salleting*) of the *Olusçula*, and *ex foliis pubescentibus*, or (as *Martial* calls them) *Prototomi rudes*, and very tendereſt Parts *Gems*, young *Buds*, and even firſt Rudiments of their ſeveral Plants; ſuch as we ſometimes find in the *Craws* of the *Wood-Culver*, *Stock-Dove*, *Partridge*, *Pheaſants*, and other Upland Fowl, where we have a natural *Sallet*, pick'd, and almoſt dreſs'd to our hands.

I. Preparatory to the Dreſſing therefore, let your Herby Ingredients be exquiſitely cull'd, and cleans'd of all worm-eaten, ſlimy, canker'd, dry, ſpotted, or any ways vitiated Leaves. And then that they

they be rather discreetly sprinkl'd, than over-much sob'd with Spring-Water, especially *Lettuce*, which Dr. * *Muffet* thinks impairs their Vertue; but this, I suppose he means of the *Cabbage*-kind, whose heads are sufficiently protected by the outer Leaves which cover it. After washing, let them remain a while in the *Cullender*, to drain the superfluous moisture: And lastly, swing them altogether gently in a clean course Napkin; and so they will be in perfect condition to receive the *Intinctus* following.

II. That the *Oyl*, an Ingredient so indispensibly and highly necessary, as to have obtain'd the name of *Cibarium* (and with us of *Sallet-Oyl*) be very clean, not high-colour'd, nor yellow; but

* *Muffet*, de Diæta, *c.* 23.

with an Eye rather of a pallid *Olive* green, without Smell, or the leaſt touch of *rancid*, or indeed of any other ſenſible Taſte or Scent at all; but ſmooth, light, and pleaſant upon the Tongue; ſuch as the genuine *Omphacine*, and native *Luca Olives* afford, fit to allay the tartneſs of *Vinegar*, and other *Acids*, yet gently to warm and humectate where it paſſes. Some who have an averſion to *Oyl*, ſubſtitute freſh *Butter* in its ſtead; but 'tis ſo exceedingly clogging to the Stomach, as by no means to be allow'd.

III. *Thirdly*, That the *Vinegar*, and other liquid *Acids*, perfectly clear, neither ſowre, *Vapid* or ſpent; be of the beſt Wine Vinegar, whether Diſtill'd, or otherwiſe *Aromatiz'd*, and impregnated with the Infuſion of *Clove-gillyflowers*, *Elder*, *Roſes*, *Roſemary*,

mary, *Naſturtium*, &c. inrich'd with the Vertues of the Plant.

A *Verjuice* not unfit for *Sallet*, is made by a *Grape* of that Name, or the green immature Cluſters of moſt other Grapes, preſs'd, and put into a ſmall Veſſel to ferment.

IV. *Fourthly*, That the *Salt* (*aliorum Condimentorum Condimentum*, as *Plutarch* calls it) deterſive, penetrating, quickning (and ſo great a reſiſter of Putrefaction, and univerſal uſe, as to have ſometimes merited Divine Epithets) be of the brighteſt *Bay-grey-Salt*; moderately dried, and *contus'd*, as being the leaſt Corroſive: But of this, as of *Sugar* alſo, which ſome mingle with the *Salt* (as warming without heating) if perfectly refin'd, there would be no great difficulty; provided none, ſave Ladies, were of the Meſs; whilſt

the perfection of *Sallets*, and that which gives them the name, consists in the grateful *Saline Acid*-point, temper'd as is directed, and which we find to be most esteem'd by judicious Palates: Some, in the mean time, have been so nice, and luxuriously curious as for the heightning, and (as they affect to speak) giving the utmost *poinant* and *Relevèe* in lieu of our vulgar *Salt*, to recommend and cry-up the *Essential-Salts* and *Spirits* of the most Sanative Vegetables; or such of the *Alcalizate* and *Fixt*; extracted from the *Calcination* of *Baulm*, *Rosemary*, *Wormwood*, *Scurvy-grass*, &c. Affirming that without the gross Plant, we might have healing, cooling, generous, and refreshing *Cordials*, and all the *Materia Medica* out of the *Salt-Cellar* only: But to say no more of this Impertinence, as to *Salts* of *Vegetables*; many indeed there be,

be, who reckon them not much unlike in Operation, however different in *Taſte*, *Cryſtals*, and *Figure:* It being a queſtion, whether they at all retain the Vertues and Faculties of their *Simples*. unleſs they could be made without *Colcination*. *Franciſcus Redi*, gives us his Opinion of this, in a *Proceſs* how they are to be prepar'd; and ſo does our Learned * Doctor (whom we lately nam'd) whether *Lixivial*, *Eſſential*, *Marine*, or other factitious *Salts* of Plants, with their Qualities, and how they differ: But ſince 'tis thought all *Fixed Salts* made the *common way*, are little better than our *common Salt*, let it ſuffice, that our *Sallet-Salt* be of the beſt ordinary *Bay-Salt*,

* *Dr.* Grew, *Annat. Plant.* Lib. 1. Sect. iv. cap. 1, *&c.* *See alſo*, Tranſact. *Num.* 107. *Vol.* ix.

clean, bright, dry, and without clammineſs.

Of *Sugar* (by ſome call'd *Indian-Salt*) as it is rarely us'd in *Sallet*, it ſhould be of the beſt refined, white, hard, cloſe, yet light and ſweet as the *Madera*'s: Nouriſhing, preſerving, cleanſing, delighting the Taſte, and preferrable to *Honey* for moſt uſes. *Note*, That both *this*, *Salt*, and *Vinegar*, are to be proportion'd to the Conſtitution, as well as what is ſaid of the Plants themſelves. The one for cold, the other for hot Stomachs.

V. That the *Muſtard* (another noble Ingredient) be of the beſt *Tewksberry*; or elſe compos'd of the ſoundeſt and weightieſt *Yorkſhire Seed*, exquiſitely ſifted, winnow'd, and freed from the Huſks, a little (not over-much) dry'd by the Fire, temper'd to the conſiſtence of a Pap with *Vinegar*, in

in which ſhavings of the *Horſe-Radiſh* have been ſteep'd: Then cutting an *Onion*, and putting it into a ſmall Earthen *Gally-Pot*, or ſome thick *Glaſs* of that ſhape; pour the *Muſtard* over it, and cloſe it very well with a *Cork*. There be, who preſerve the Flower and Duſt of the bruiſed Seed in a well-ſtopp'd Glaſs, to temper, and have it freſh when they pleaſe. But what is yet by ſome eſteem'd beyond all theſe, is compos'd of the dried Seeds of the *Indian Naſturtium*, reduc'd to Powder, finely bolted, and mixt with a little *Levain*, and ſo from time to time made freſh, as indeed all other *Muſtard* ſhould be.

Note, That the Seeds are pounded in a Mortar; or bruis'd with a poliſh'd *Cannon-Bullet*, in a large wooden Bowl-Diſh, or which is moſt preferr'd, ground

in a *Quern* contriv'd for this purpose only.

VI. *Sixthly*, That the *Pepper* (white or black) be not bruis'd to too small a Dust; which, as we caution'd, is very prejudicial. And here let me mention the *Root* of the *Minor Pimpinella*, or small *Burnet Saxifrage*; which being dried, is by some extoll'd beyond all other *Peppers*, and more wholsom.

Of other *Strewings* and *Aromatizers*, which may likewise be admitted to inrich our *Sallet*, we have already spoken, where we mention *Orange* and *Limon-peel*; to which may also be added, *Jamaica-Pepper*, *Juniper-berries*, &c. as of singular Vertue.

Nor here should I omit (the mentioning at least of) *Saffron*, which the *German* Housewives have a way of forming into Balls,

Balls, by mingling it with a little *Honey*; which throughly dried, they reduce to Powder, and ſprinkle it over their *Sallets* for a noble *Cordial*. Thoſe of *Spain* and *Italy*, we know, generally make uſe of this Flower, mingling its golden Tincture with almoſt every thing they eat; But its being ſo apt to prevail above every thing with which 'tis blended, we little incourage its admittance into our *Sallet*.

VII. Seventhly, That there be the Yolks of freſh and new-laid *Eggs*, boil'd moderately hard, to be mingl'd and maſh'd with the *Muſtard*, *Oyl*, and *Vinegar*; and part to cut into quarters, and eat with the Herbs.

VIII. *Eighthly*, (according to the *ſuper*-curious) that the *Knife*, with which the *Sallet Herbs* are cut (eſpecially *Oranges*, *Limons*, &c.) be

be of *Silver*, and by no means of *Steel*, which all *Acids* are apt to corrode, and retain a Metalic reliſh of.

IX. *Ninthly* and *Laſtly*, That the *Saladiere*, (Sallet-Diſhes) be of *Porcelane*, or of the *Holland-Delft-Ware*; neither too deep nor ſhallow, according to the quantity of the *Sallet* Ingredients; *Pewter*, or even *Silver*, not at all ſo well agreeing with *Oyl* and *Vinegar*, which leave their ſeveral Tinctures. And note, That there ought to be one of the Diſhes, in which to beat and mingle the Liquid *Vehicles*; and a ſecond to receive the crude Herbs in, upon which they are to be pour'd; and then with a Fork and a Spoon kept continually ſtirr'd, 'till all the Furniture be equally moiſten'd: Some, who are Husbands of their *Oyl*, pour at firſt the *Oyl* alone,

alone, as more apt to communicate and diffuse its Slipperiness, than when it is mingled and beaten with the *Acids*; which they pour on last of all; and 'tis incredible how small a quantity of *Oyl* (in this quality, like the gilding of *Wyer*) is sufficient, to imbue a very plentiful assembly of *Sallet-Herbs*.

The *Sallet-Gatherer* likewise should be provided with a light, and neatly made *Withy-Dutch-Basket*, divided into several Partitions.

Thus Instructed and knowing in the *Apparatus*; the *Species*, *Proportions*, and manner of *Dressing*, according to the several Seasons you have in the following Table.

It being one of the Inquiries of the Noble * Mr. *Boyle*, what *Herbs* were proper and fit to make *Sallets* with, and how beſt to order them? we have here (by the Aſſiſtance of Mr. *London*, His Majeſty's Principal Gard'ner) reduc'd them to a competent Number, not exceeding *Thirty Five*; but which may be vary'd and inlarg'd, by taking-in, or leaving out, any other *Sallet*-Plant, menti-on'd in the foregoing Liſt, under theſe three or four Heads.

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* *Philoſoph. Tranſact.* Vol. III. Num. xl. p. 799.

Place this P. 108.		Species.	Ordering and Curing.
IX. Blanch'd.	1.	*Endive*,	Tied-up to Blanch.
	2.	*Cichory*,	Earth'd-up.
	3.	*Sellery*,	
	4.	*Sweet-Fennel*,	
	5.	*Rampions*,	
	6.	*Roman*	Tied-up to Blanch.
	7.	*Cosse*	
	8.	*Silesian* Lettuce,	Tied close up.
	9.	*Cabbage*	Pome and Blanch of themselves.
XXVI. Green Unblanch'd.	10.	*Lob-Lettuce*,	Leaves, all of a midling size.
	11.	*Corn-Sallet*,	
	12.	*Purslane*,	
	13.	*Cresses* broad,	Seed-Leaves, and the next to them.
	14.	*Spinach*, curled	
	15.	*Sorrel*, French,	The fine young Leave only, with the first Shoots.
	16.	*Sorrel*, Greenland,	
	17.	*Radish*,	Only the tender young Leaves.
	18.	*Cresses*,	The Seed-Leaves, and three only next them.
	19.	*Turnep*,	
	20.	*Mustard*,	The Seed-Leaves only.
	21.	*Scurvy-grass*,	
	22.	*Chervil*,	
	23.	*Burnet*,	The young Leaves immediatly after the Seedlings.
	24.	*Rocket*, Sparrit	
	25.	*Perfly*,	
	26.	*Tarragon*,	The tender Shoots and Tops
	27.	*Mints*,	
	28.	*Sampier*,	
	29.	*Balm*,	The young tender Leaves and Shoots.
	30.	*Sage*, Red,	
	31.	*Shalots*,	The tender young Leaves.
	32.	*Cives* and *Onion*,	
	33.	*Nasturtium*, Indian	The Flowers and Bud-Flowers.
	34.	*Rampion*, Belgride,	The Seed-Leaves and young Tops.
	35.	*Trip-Madame*,	

Month.	Order. and Cult.	Species.	Proportion.
January,	Blanch'd as before	*Rampions*,	10
		Endive,	2
		Succory,	5
		Fennel, sweet.	10
		Sellery,	4 Roots in Number.
		Lamb-Lettuce,	A pugil of each.
		Lob-Lettuce,	
		Radish,	Three parts each.
		Cresses,	
February		*Turneps*,	
		Mustard Seedlings,	Of each One part.
		Scurvy-grass,	
		Spinach,	Two parts.
	Green and Unblanch'd	*Sorrel*, Greenland,	
		Sorrel, French,	One part of each.
		Chervil, sweet,	
		Burnet,	
		Rocket,	
and		*Tarragon*,	Twenty large Leaves.
		Balm,	
		Mints,	One small part of each.
		Sampier,	
		Shalots,	
March.		*Cives*,	Very few.
		Cabbage-Winter.	Two pugils or small handfuls.
April,	Blanch'd	*Lop* Silesian Winter Roman Winter	*Lettuce*. Of each a pugil.
		Radishes,	Three parts.
	Green Herbs Unblanch'd.	*Cresses*,	Two parts.
		Purslan,	1 Fasciat, or pretty full gripe.
		Sorrel, French,	Two parts.
May,		*Sampier*,	One part.

Month.	Order. and Cult.	Species.	Proportion.
and *June*.	Note, *That the young Seedling Leaves of Orange and Limon may all these Months be mingled with the Sallet.*	*Onions*, young.	Six parts.
		Sage-tops, the Red,	Two parts.
		Persley,	
		Cresses, the Indian,	Of each One part.
		Lettuce, Belgrade,	
		Trip-Madame,	
		Chervil, sweet.	
		Burnet,	Two parts.
July,	Blanch'd, *and may be eaten by themselves with some* Nasturtium-Flowers.	Silesian *Lettuce*,	One whole *Lettuce*.
		Roman *Lettuce*,	Two parts.
		Cresses,	
		Cabbage,	Four parts.
August,	Green Herbs *by themselves, or mingl'd with the* Blanch'd.	*Cresses*,	Two parts.
		Nasturtium,	
		Purslane,	One part.
		Lop-Lettuce,	
		Belgrade, *or* Crumpen-*Lettuce*.	Two parts.
		Tarragon,	One part.
and		*Sorrel*, French,	Two parts of each.
		Burnet,	
September.		*Trip-Madame*,	One part.
October,	Blanch'd	*Endive*.	Two if large, four if small, Stalk and part of the Root and tendereſt Leaves.
		Sellery,	
		Lop-Lettuce,	An handful of each.
		Lambs-Lettuce,	
November,		*Radish*,	Three parts.
		Cresses,	Two parts.
and	Green	*Turneps*,	One part of each.
		Mustard Seedlings,	
December.		*Cresses*, broad,	Two parts of each.
		Spinach,	

But all these sorts are not to be had at the very same time, and therefore we have divided them into the *Quarterly Seasons*, each containing and lasting Three Months.

Note, That by *Parts* is to be understood a *Pugil*; which is no more than one does usually take up between the Thumb and the two next Fingers. By *Fascicule* a reasonable full Grip, or Handful.

Farther Directions concerning the proper Seasons, *for the* Gathering, Compoſing, *and* Dreſſing *of a* Sallet.

AND *Firſt*, as to the *Seaſon*, both *Plants* and *Roots* are then properly to be *Gather'd*, and in prime, when moſt they abound with Juice and in Vigour: Some in the *Spring*, or a little anticipating it before they Bloſſom, or are in full Flower: Some in the *Autumnal* Months; which later Seaſon many preferr, the Sap of the Herb, tho' not in ſuch exuberance, yet as being then better concocted, and ſo render'd fit for *Salleting*, 'till the Spring begins a freſh to put forth new, and tender Shoots and Leaves.

This,

This, indeed, as to the *Root*, newly taken out of the Ground is true; and therefore ſhould ſuch have their *Germination* ſtopt the ſooner: The approaching and prevailing Cold, both Maturing and Impregnating them; as does Heat the contrary, which now would but exhauſt them: But for thoſe other *Eſculents* and Herbs imploy'd in our *Compoſition* of *Sallets*, the early *Spring*, and enſuing Months (till they begin to mount, and prepare to *Seed*) is certainly the moſt natural, and kindly Seaſon to collect and accommodate them for the Table. Let none then conſult *Culpeper*, or the *Figure-flingers*, to inform them when the governing *Planet* is in its *Exaltation*; but look upon the *Plants* themſelves, and judge of their Vertues by their own Complexions.

More-

Moreover, In *Gathering*, Reſpect is to be had to their Proportions, as provided for in the *Table* under that Head, be the Quality whatſoever: For tho' there is indeed nothing more wholſome than *Lettuce* and *Muſtard* for the *Head* and *Eyes*; yet either of them eaten in exceſs, were highly prejudicial to them both: Too much of the *firſt* extreamly debilitating and weakning the *Ventricle*, and haſtning the further decay of ſickly *Teeth*; and of the *ſecond* the *Optic Nerves*, and *Sight* it ſelf; the like may be ſaid of all the reſt. I conceive therefore, a Prudent Perſon, well acquainted with the Nature and Properties of *Sallet-Herbs*, &c. to be both the fitteſt *Gatherer* and *Compoſer* too; which yet will require no great Cunning, after once he is acquainted with our *Table* and *Catalogue*.

We

We purposely, and *in transitu* only, take notice here of the Pickl'd, *Muriated*, or otherwise prepared Herbs; excepting some such Plants, and Proportions of them, as are of hard digestion, and not fit to be eaten altogether *Crude*. (Pi which in the *Appendix*) and among which I reckon *Ash-keys*, *Broom-buds* and *Pods*, *Haricos*, *Gurkems*, *Olives*, *Capers*, the Buds and Seeds of *Nasturtia*, *Young Wall-nuts*, *Pine-apples*, *Eringo*, *Cherries*, *Cornelians*, *Berberries*, *&c.* together with several Stalks, Roots, and Fruits; Ordinary Pot-herbs, *Anis*, *Cistus Hortorum*, *Horminum*, *Pulegium*, *Satureia*, *Thyme*; the intire Family of Pulse and *Legumena*; or other *Sauces*, *Pies*, *Tarts*, *Omlets*, *Tansie*, *Farces*, &c. *Condites* and Preserves with *Sugar* by the Hand of Ladies; tho' they are all of them the genuine Production of the *Garden*, and mention'd in

our *Kalendar*, together with their Culture; whilst we confine our selves to such Plants and *Esculenta* as we find at hand; delight our selves to gather, and are easily prepar'd for an *Extemporary Collation*, or to Usher in, and Accompany other (more Solid, tho' haply not more Agreeable) Dishes, as the Custom is.

But there now starts up a Question, Whether it were better, or more proper, to *Begin* with *Sallets*, or *End* and Conclude with them? Some think the harder Meats should first be eaten for better Concoction; others, those of easiest Digestion, to make way, and prevent Obstruction; and this makes for our *Sallets*, *Horarii*, and *Fugaces Fructus* (as they call 'em) to be eaten first of all, as agreeable to the general Opinion of the great *Hippocrates*, and *Galen*, and of *Celsus* before him. And therefore the *French* do

do well, to begin with their *Herbaceous Pottage*, and for the *Crnder*, a Reason is given:

* *Prima tibi dabitur Ventri* Lactuca *movendo*
Utilis, & Poris fila resecta suis.

And tho' this Custom came in about *Domitian*'s time †, ὁ ἀρχαῖος, they anciently did quite the contrary,

‖ *Gratáque nobilium Lactuca ciborum.*

But of later Times, they were constant at the *Ante-cœnia*, eating plentifully of *Sallet*, especially of *Lettuce*, and more refrigerating Herbs. Nor without

* Mart. *Epig. lib.* xi. 39.
† Athen. l. 2. *Of which Change of Diet see* Plut. iv. *Sympos.* 9. Plinii *Epist.* 1. *ad Eretrium.*
‖ Virg. *Moreto.*

Cauſe: For drinking liberally, they were found to expell, and allay the Fumes and Vapors of the *genial Compotation*, the ſpirituous Liquor gently conciliating Sleep: Beſides, that being of a crude nature, more diſpos'd, and apt to fluctuate, corrupt, and diſturb a ſurcharg'd Stomach; they thought convenient to begin with *Sallets*, and innovate the ancient Uſage.

* *——Nam Lactuca innatat acri*
Poſt Vinum Stomacho——

For if on drinking Wine you
Lettuce eat,
It floats upon the Stomach——

The *Spaniards*, notwithſtanding, eat but ſparingly of Herbs at Dinner, eſpecially *Lettuce*, beginning with *Fruit*, even before

* Hor. *Sat. l.* 2. *Sat.* 4.

the

the *Olio* and Hot-Meats come to the Table; drinking their Wine pure, and eating the best Bread in the World; so as it seems the Question still remains undecided with them,

† *Claudere quæ cœnas* Lactuca *solebat avorum*
Dic mihi cur nostras inchoat illa dapes?

The *Sallet*, which of old came in at last,
Why now with it begin we our Repast?

And now since we mention'd *Fruit*, there rises another Scruple: Whether *Apples*, *Pears*, *Abricots*, *Cherries*, *Plums*, and other Tree, and *Ort-yard-Fruit*, are to be reckon'd among *Salleting*; and when likewise most

† Mart. *Ep. l.* v. *Ep.* 17.

seasonably to be eaten? But as none of these do properly belong to our *Catalogue* of *Herbs* and *Plants*, to which this Discourse is confin'd (besides what we may occasionally speak of hereafter) there is a very useful * Treatise on that Subject already publish'd. We hasten then in the next place to the *Dressing*, and *Composing* of our *Sallet*: For by this time, our Scholar may long to see the *Rules* reduc'd to *Practice*, and Refresh himself with what he finds growing among his own *Lactuceta* and other Beds of the *Kitchin-Garden*.

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* *Concerning the Use of Fruit (besides many others) whether best to be eaten before, or after Meals? Published by a Physician of* Rochel, *and render'd out of* French *into* English. *Printed by* T. Basset *in* Fleetstreet.

DRES-

DRESSING.

I Am not ambitious of being thought an excellent *Cook*, or of those who set up, and value themselves, for their Skill in *Sauces*; such as was *Mithacus* a *Culinary Philosopher*, and other *Eruditæ Gulæ*; who read Lectures of *Haut-gouts*, like the *Archestratus* in *Athenæus*: Tho' after what we find the *Heroes* did of old, and see them chining out the slaughter'd *Ox*, dressing the Meat, and do the Offices of both *Cook* and *Butcher*, (for so * *Homer* represents *Achilles* himself, and the rest of those Illustrious *Greeks*) I say, after this, let none reproach our *Sallet-Dresser*, or disdain so clean, innocent, sweet,

* Achilles, Patroclus, Automedon. *Iliad.* ix. & *alibi.*

and Natural a Quality; compar'd with the Shambles Filth and *Nidor*, Blood and Cruelty; whilst all the World were *Eaters*, and *Compofers* of *Sallets* in its beſt and brighteſt Age.

The Ingredients therefore gather'd and proportion'd, as above; Let the *Endive* have all its out-ſide Leaves ſtripp'd off, ſlicing *in* the White: In like manner the *Sellery* is alſo to have the hollow green Stem or Stalk trimm'd and divided; ſlicing-in the blanched Part, and cutting the Root into four equal Parts.

Lettuce, *Creſſes*, *Radiſh*, &c. (as was directed) muſt be exquiſitely pick'd, cleans'd, waſh'd, and put into the Strainer; ſwing'd, and ſhaken gently, and, if you pleaſe, ſeparately, or all together; Becauſe ſome like not ſo well the *Blanch'd* and Bitter Herbs, if eaten with the reſt: Others mingle *Endive*,

Endive, *Succory*, and *Rampions*, without distinction, and generally eat *Sellery* by it self, as also Sweet *Fennel*.

From *April* till *September* (and during all the Hot *Months*) may *Guinny-Pepper*, and *Horse-Radish* be left out; and therefore we only mention them in the Dressing, which should be in this manner.

Your *Herbs* being handsomly parcell'd, and spread on a clean Napkin before you, are to be mingl'd together in one of the Earthen glaz'd Dishes: Then, for the *Oxoleon*; Take of clear, and perfectly good *Oyl-Olive*, three Parts; of sharpest *Vinegar* (‖ sweetest of all *Condiments*) *Limon*, or Juice of *Orange*, one

‖ *For so some pronounce it*, V. Athenæum *Deip. Lib.* II. *Cap.* 26. ἡδὺ & *quasi* ἡδύσμα, *perhaps for that it incites Appetite, and causes Hunger, which is the best Sauce.*

Part; and therein let ſteep ſome Slices of *Horſe-Radiſh*, with a little *Salt*: Some in a ſeparate *Vinegar*, gently bruiſe a *Pod* of *Guinny-Pepper*, ſtraining both the *Vinegars* apart, to make Uſe of Either, or One alone, or of both, as they beſt like; then add as much *Tewkesbury*, or other dry *Muſtard* grated, as will lie upon an Half-Crown Piece: Beat, and mingle all theſe very well together; but pour not on the *Oyl* and *Vinegar*, 'till immediately before the *Sallet* is ready to be eaten: And then with the *Yolk* of two new-laid *Eggs* (boyl'd and prepar'd, as before is taught) ſquaſh, and bruiſe them all into maſh with a Spoon; and laſtly, pour it all upon the *Herbs*, ſtirring, and mingling them 'till they are well and throughly imbib'd; not forgetting the Sprinklings of *Aromaticks*, and ſuch Flowers, as we have already mentioned, if you

you think fit, and garnishing the Dish with the thin Slices of *Horse-Radish*, *Red Beet*, *Berberries*, &c.

Note, That the *Liquids* may be made more, or less *Acid*, as is most agreeable to your Taste.

These *Rules*, and *Prescriptions* duly *Observ'd*; you have a *Sallet* (for a Table of Six or Eight Persons) *Dress'd*, and Accommodated *secundum Artem*: For, as the † Proverb has it,

Οὐ παντὸς ἀνδρὸς ἐστιν ἀρτῦσαι καλῶς.
Non est cujusvis rectè condire.

AND now after all we have advanc'd in favour of the *Herbaceous* Diet, there still emerges a third Inquiry; namely, Whether the Use of *Crude Herbs* and

† Cratinus in Glauco,

Plants

Plants are so wholesom as is pretended?

What Opinion the Prince of Physicians had of them, we shall see hereafter; as also what the Sacred Records of elder Times seem to infer, before there were any Flesh-Shambles in the World; together with the Reports of such as are often conversant among many Nations and People, who to this Day, living on *Herbs* and *Roots*, arrive to incredible Age, in constant Health and Vigour: Which, whether attributable to the *Air* and *Climate*, *Custom*, *Constitution*, &c. should be inquir'd into; especially, when we compare the *Antediluvians* mention'd *Gen.* 1.29.—the whole *Fifth* and *Ninth* Chapters, *ver.* 3. confining them to *Fruit* and wholesom *Sallets*: I deny not that both the *Air* and *Earth* might then be less humid and clammy, and consequently Plants, and

and Herbs better fermented, concocted, and less Rheumatick, than since, and presently after; to say nothing of the infinite Numbers of putrid Carcasses of Dead Animals, perishing in the Flood, (of which I find few, if any, have taken notice) which needs must have corrupted the Air: Those who live in Marshes, and Uliginous Places (like the Hundreds of *Essex*) being more obnoxious to *Fevers*, *Agues*, *Pleurisies*, and generally unhealthful: The Earth also then a very Bog, compar'd with what it likely was before that destructive *Cataclism*, when Men breath'd the pure *Paradisian* Air, sucking in a more *æthereal*, nourishing, and baulmy *Pabulum*, so foully vitiated now, thro' the Intemperance, Luxury, and softer Education and Effeminacy of the Ages since.

Custom, and *Constitution* come next to be examin'd, together with

with the Qualities, and *Vertue* of the Food; and I confeſs, the two firſt, eſpecially that of *Conſtitution*, ſeems to me the more likely Cauſe of Health, and conſequently of Long-life; which induc'd me to conſider of what Quality the uſual *Sallet* Furniture did more eminently conſiſt, that ſo it might become more ſafely applicable to the Temper, Humour, and Diſpoſition of our Bodies; according to which, the various Mixtures might be regulated and proportion'd: There's no doubt, but thoſe whoſe Conſtitutions are Cold and Moiſt, are naturally affected with Things which are Hot and Dry; as on the contrary, Hot, and Dry Complexions, with ſuch as cool and refrigerate; which perhaps made the *Junior Gordian* (and others like him) prefer the *frigidæ Menſæ* (as of old they call'd *Sallets*) which, according to *Cornelius Celſus*,

Celsus, is the fittest Diet for *Obese* and Corpulent Persons, as not so Nutritive, and apt to Pamper: And consequently, that for the Cold, Lean, and Emaciated; such Herby Ingredients should be made choice of, as warm, and cherish the Natural Heat, depure the Blood, breed a laudable Juice, and revive the Spirits: And therefore my *Lord* * *Bacon* shews what are best Raw, what Boil'd, and what Parts of Plants fittest to nourish. *Galen* indeed seems to exclude them all, unless well accompanied with their due Correctives, of which we have taken care: Notwithstanding yet, that even the most *Crude* and *Herby*, actually Cold and Weak, may potentially be Hot,

* Nat. Hist. IV. *Cent.* VII. 130. Se Arist. Prob. *Sect.* xx. *Quæst.* 36. *Why some Fruits and Plants are best raw, others boil'd, roasted, &c, as becoming sweeter; but the Crude more sapid and graceful.*

and

and Strengthning, as we find in the most vigorous Animals, whose Food is only Grass. 'Tis true indeed, Nature has providentially mingl'd, and dress'd a *Sallet* for them in every Field, besides what they distinguish by Smell; nor question I, but Man at first knew what Plants and Fruits were good, before the Fall, by his Natural Sagacity, and not Experience; which since by Art, and Trial, and long Observation of their Properties and Effects, they hardly recover: But in all Events, supposing with * *Cardan*, that Plants nourish little, they hurt as little. Nay, Experience tells us, that they not only hurt not at all, but exceedingly benefit those who use them; indu'd as they are with such admirable Properties as they every

* Card. *Contradicent. Med.* l. iv. *Cant.* 18. Diphilus *not at all.* Athenæus.

day

day discover: For some Plants not only nourish laudably, but induce a manifest and wholesom Change; as *Onions*, *Garlick*, *Rochet*, &c. which are both nutritive and warm; *Lettuce*, *Purslan*, the *Intybs*, &c. and indeed most of the *Olera*, refresh and cool: And as their respective Juices being converted into the Substances of our Bodies, they become *Aliment*; so in regard of their Change and Alteration, we may allow them *Medicinal*; especially the greater Numbers, among which we all this while have skill but of very few (not only in the Vegetable Kingdom, but in the whole *Materia Medica*) which may be justly call'd *Infallible Specifics*, and upon whose Performance we may as safely depend, as we may on such as familiarly we use for a Crude *Herb Sallet*; discreetly chosen, mingl'd, and dress'd accordingly:

Not but that many of them may be improv'd, and render'd better in Broths, and Decoctions, than in *Oyl*, *Vinegar*, and other Liquids and Ingredients: But as this holds not in all, nay, perhaps in few comparatively, (provided, as I said, the Choice, Mixture, Constitution, and *Season* rightly be understood) we stand up in Defence and Vindication of our *Sallet*, against all Attacks and Opposers whoever.

We have mentioned *Season*, and with the great *Hippocrates*, pronounce them more proper for the Summer, than the Winter; and when those Parts of Plants us'd in *Sallet* are yet tender, delicate, and impregnated with the Vertue of the Spring, to cool, refresh, and allay the Heat and Drought of the Hot and *Bilious*, Young and over-*Sanguine*, Cold, *Pituit*, and Melancholy; in a word, for Persons

ſons of all Ages, Humours, and Conſtitutions whatſoever.

To this of the *Annual Seaſons*, we add that of *Culture* alſo; as of very great Importance: And this is often diſcover'd in the Taſte, and conſequently, in the Goodneſs of ſuch Plants and *Salleting*, as are Rais'd and brought us freſh out of the Country, compar'd with thoſe which the Avarice of the *Gardiner*, or Luxury rather of the Age, tempts them to force and *Reſuſcitate* of the moſt deſirable and delicious Plants.

It is certain, ſays a * Learned Perſon, that about populous Cities, where Grounds are over-forc'd for Fruit and early *Salleting*, nothing is more unwholſom: Men in the Country look ſo much more healthy and freſh;

* *Sir* Tho. Brown's *Miſcel.*

and commonly are longer liv'd than those who dwell in the Middle and Skirts of vast and crowded Cities, inviron'd with rotten Dung, loathsome and common Lay-Stalls; whose noisome Steams, wafted by the Wind, poison and infect the ambient Air and vital Spirits, with those perniciousExhalations, and Materials of which they make the *Hot Beds* for the raising those *Præcoces* indeed, and forward Plants and Roots for the wanton Palate; but which being corrupt in the Original, cannot but produce malignant and ill Effects to those who feed upon them. And the same was well observ'd by the *Editor* of our famous *Roger Bacon*'s Treatise concerning the *Cure of Old Age*, and *Preservation of Youth*: There being nothing so proper for *Sallet Herbs* and other *Edule Plants*, as the Genial and Natural Mould, im-

impregnate, and enrich'd with well-digested Compost (when requisite) without any Mixture of Garbage, odious Carrion, and other filthy Ordure, not half consum'd and ventilated and indeed reduc'd to the next Disposition of Earth it self, as it should be; and that in Sweet, || Rising, Aery and moderately Perflatile Grounds; where not only *Plants* but *Men* do last, and live much longer. Nor doubt I, but that every body would prefer Corn, and other Grain rais'd from *Marle*, *Chalk*, *Lime*, and other sweet Soil and Amendments, before that which is produc'd from the *Dunghil* only. Beside, Experience shews, that the Rankness of *Dung* is frequently the Cause of Blasts and Smuttiness; as if the *Lord* of the *Universe*, by an

|| Caule suburbano qui siccis crevit in agris
Dulcior. —— Hor. *Sat.* l. 2, §. 4.

Act of visible Providence would check us, to take heed of all unnatural Sordidness and Mixtures. We sensibly find this Difference in Cattle and their Pasture; but most powerfully in *Fowl*, from such as are nourish'd with Corn, sweet and dry Food: And as of Vegetable *Meats*, so of *Drinks*, 'tis observ'd, that the same Vine, according to the Soil, produces a *Wine* twice as heady as in the same, and a less forc'd Ground; and the like I believe of all other Fruit, not to determine any thing of the *Peach* said to be Poison in *Persia*; because 'tis a *Vulgar Error.*

Now, because among other things, nothing more betrays its unclean and spurious Birth than what is so impatiently longed after as *Early Asparagus*, &c. * Dr. *Lister*, (according to his commu-

* Transact. Philos. *Num.* xxv.

nicative

nicative and obliging Nature) has taught us how to raise such as our *Gardiners* cover with nasty *Litter*, during the Winter; by rather laying of Clean and Sweet *Wheat-Straw* upon the Beds, *super-seminating* and over-strowing them thick with the Powder of bruised *Oyster-Shells*, &c. to produce that most tender and delicious *Sallet*. In the mean while, if nothing will satisfie save what is rais'd *Ex tempore*, and by Miracles of Art so long before the time; let them study (like the *Adepti*) as did a very ingenious Gentleman whom I knew; That having some Friends of his accidentally come to Dine with him, and wanting an early Sallet, Before they sate down to Table, sowed *Lettuce* and some other Seeds in a certain Composition of Mould he had prepared; which within the space of two Hours, being risen near two Inches high,

presented them with a delicate and tender *Sallet*; and this, without making use of any nauseous or fulsome Mixture; but of Ingredients not altogether so cheap perhaps. *Honoratus Faber* (no mean *Philosopher*) shews us another Method by sowing the Seeds steep'd in *Vinegar*, casting on it a good Quantity of *Bean-Shell* Ashes, irrigating them with *Spirit of Wine*, and keeping the Beds well cover'd under dry Matts. Such another Process for the raising early *Peas* and *Beans*, &c. we have the like * Accounts of: But were they practicable and certain, I confess I should not be fonder of them, than of such as the honest industrious Country-man's Field, and Good-Wife's Garden seasonably produce; where they are legitimately born in just

* *Num.* xviii.

time,

time, and without forcing Nature.

But to return again to *Health* and *Long Life*, and the Wholesomneſs of the Herby-Diet, * *John Beverovicius*, a Learn'd Phyſician (out of *Peter Moxa*, a *Spaniard*) treating of the extream Age, which thoſe of *America* uſually arrive to, aſſerts in behalf of Crude and Natural Herbs: *Diphilus* of old, as † *Athenæus* tells us, was on the other ſide, againſt all the Tribe of *Olera* in general; and *Cardan* of late (as already noted) no great Friend to them; Affirming Fleſh-Eaters to be much wiſer and more ſagacious. But this his || Learned Antagoniſt utterly denies; Whole Nations, Fleſh-Devourers (ſuch as the fartheſt *Northern*) becoming Heavy,

* *Theſaur. Sanit.* c. 2.
† *As* Delcampius *interprets the Place.*
|| Scaliger *ad* Card. Exercit. 213.

Dull,

Dull, Unactive, and much more Stupid than the *Southern*; and such as feed much on Plants, are more Acute, Subtil, and of deeper Penetration: Witness the *Chaldæans*, *Assyrians*, *Ægyptians*, &c. And further argues from the short Lives of most *Carnivorous* Animals, compared with Grass Feeders, and the Ruminating kind; as the *Hart*, *Camel*, and the longævous *Elephant*, and other Feeders on Roots and Vegetables.

I know what is pretended of our Bodies being composed of *Dissimilar* Parts, and so requiring Variety of Food: Nor do I reject the Opinion, keeping to the same *Species*; of which there is infinitely more Variety in the *Herby* Family, than in all Nature besides: But the Danger is in the *Generical* Difference of *Flesh*, *Fish*, *Fruit*, &c. with other made Dishes and exotic Sauces; which a wanton and expensive Luxury has

has introduc'd; debauching the Stomach, and sharpening it to devour things of such difficult Concoction, with those of more easie Digestion, and of contrary Substances, more than it can well dispose of: Otherwise Food of the same kind would do us little hurt: So true is that of * *Celsus*, *Eduntur facilius*; *ad concoctionem autem materiæ, genus, & modus pertineat.* They are (says he) easily eaten and taken in: But regard should be had to their Digestion, Nature, Quantity and Quality of the Matter. As to that of *Dissimilar* Parts, requiring this contended-for Variety: If we may judge by other Animals (as I know not why we may not) there is (after all the late Contests about *Comparative Anatomy*) so little Difference in the

* *Cel.* Lib. Cap. 4.

Stru-

Structure, as to the Use of those Parts and Vessels destin'd to serve the Offices of Concoction, Nutrition, and other Separations for Supply of Life, *&c.* That it does not appear why there should need any Difference at all of Food; of which the most simple has ever been esteem'd the best, and most wholsome; according to that of the † Naturalist, *Hominis cibus utilissimus simplex.* And that so it is in other Animals, we find by their being so seldom afflicted with Mens Distempers, deriv'd from the Causes above-mention-ed: And if the many Diseases of *Horses* seem to ‖ contradict it, I am apt to think it much imputable to the Rack and Manger, the dry and wither'd Stable Com-

† Plin. *Nat. Hist. l.* 3. *c.* 12.

‖ Hanc brevitatem Vitæ *(speaking of Horses)* fortasse homini debet, *Verul. Hist.* Vit. & Mort. *See this throughly controverted,* Macrob. *Saturn.* l. vii. c. v.

mons,

mons, which they must eat or starve, however qualified; being restrained from their Natural and Spontaneous Choice, which Nature and Instinct directs them to: To these add the Closeness of the Air, standing in an almost continu'd Posture; besides the fulsome Drenches, unseasonable Watrings, and other Practices of ignorant *Horse-Quacks* and surly Grooms: The Tyranny and cruel Usage of their Masters in tiring Journeys, hard, labouring and unmerciful Treatment, Heats, Colds, *&c.* which wear out and destroy so many of those useful and generous Creatures before the time: Such as have been better us'd, and some, whom their more gentle and good-natur'd Patrons have in recompence of their long and faithful Service, dismiss'd, and sent to Pasture for the rest of their Lives (as the *Grand-Seignior* does his *Mecchа-*

Ca-

Camel) have been known to live *forty*, *fifty*, nay (says * *Aristotle*, no fewer than *sixty-five* Years. When once Old *Par* came to change his simple, homely Diet, to that of the *Court* and *Arundel-House*, he quickly sunk and dropt away: For, as we have shew'd, the Stomack easily concocts plain, and familiar Food; but finds it an hard and difficult Task, to vanquish and overcome Meats of || different Substances: Whence we so often see temperate and abstemious Persons, of a Collegiate Diet, very healthy; Husbandmen and laborious People, more robust, and longer liv'd than others of an uncertain extravagant Diet.

* Arist. *Hist. Animal. l.* v. *c.* 14. ||ἀνόμοια σαρκίζει.

——*Nam

* ——— *Nam variæ res*
Ut noceant Homini, credas, memor illius escæ,
Quæ simplex olim tibi sederit ——

For different Meats do hurt; Remember how
When to one Dish confin'd, thou healthier wast than now:

was *Ofellus*'s *Memorandum* in the Poet.

Not that Variety (which God has certainly ordain'd to delight and assist our Appetite) is unnecessary, nor any thing more grateful, refreshing and proper for those especially who lead sedentary and studious Lives; Men of deep Thought, and such as are otherwise disturb'd with Secular Cares and Businesses, which

* Hor. *Sat. l.* II. *Sat.* 2. Macr. *Sat. l.* VII.

hin-

hinders the Function of the Stomach and other Organs: whilst those who have their Minds free, use much Exercise, and are more active, create themselves a natural Appetite, which needs little or no Variety to quicken and content it.

And here might we attest the *Patriarchal* World, nay, and many Persons since; who living very temperately came not much short of the *Post-Diluvians* themselves, counting from *Abraham* to this Day; and some exceeding them, who liv'd in pure Air, a constant, tho' course and simple Diet; wholsome and uncompounded Drink; that never tasted *Brandy* or *Exotic Spirits*; but us'd moderate Exercise, and observ'd good Hours: For such a one a curious Missionary tells us of in *Persia*; who had attain'd the Age of *four hundred* Years, (a full *Century* beyond the

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famous *Johannes de Temporibus*) and was living *Anno* 1636, and so may be still for ought we know. But, to our *Sallet*.

Certain it is, Almighty God ordaining * *Herbs* and *Fruit* for the Food of Men, speaks not a Word concerning *Flesh* for two thousand Years. And when after, by the *Mosaic* Constitution, there were Distinctions and Prohibitions about the legal Uncleanness of *Animals*; *Plants*, of what kind soever, were left free and indifferent for every one to choose what best he lik'd. And what if it was held undecent and unbecoming the Excellency of Man's Nature, before Sin entred, and grew enormously wicked, that any Creature should be put to Death and Pain for him who had such infinite

* Gen. ix.

ſtore of the moſt delicious and nouriſhing Fruit to delight, and the Tree of Life to ſuſtain him? Doubtleſs there was no need of it. Infants ſought the Mother's Nipple as ſoon as born; and when grown, and able to feed themſelves, run naturally to *Fruit*, and ſtill will chooſe to eat it rather than Fleſh and certainly might ſo perſiſt to do, did not Cuſtom prevail, even againſt the very Dictates of Nature: Nor, queſtion I, but that what the Heathen † *Poets* recount of the Happineſs of the *Golden Age*, ſprung from ſome Tradition they had received of the *Paradiſian* Fare, their innocent and healthful Lives in that delightful Garden. Let it ſuffice, that *Adam*, and his yet innocent Spouſe, fed on Vegetables and other Hor-

† Metam. 1. Fab. iii. *and* xv.

tulan

tulan Productions before the fatal Lapse; which, by the way, many Learned Men will hardly allow to have fallen out so soon as those imagine who scarcely grant them a single Day; nay, nor half a one, for their Continuance in the State of Original Perfection; whilst the sending him into the Garden; Instructions how he should keep and cultivate it; Edict, and Prohibition concerning the *Sacramental* Trees; the Imposition of * Names, so apposite to the Nature of such an Infinity of Living Creatures (requiring deep Inspection) the Formation of *Eve*, a meet Companion to relieve his Solitude; the Solemnity of their Marriage; the Dialogues and Success of the crafty Tempter, whom we cannot reasonably think made but one

* Gen. xi. 19.

Assault: And that they should so quickly forget the Injunction of their Maker and Benefactor; break their Faith and Fast, and all other their Obligations in so few Moments. I say, all these Particulars consider'd; Can it be supposed they were so soon transacted as those do fancy, who take their Measure from the Summary *Moses* gives us, who did not write to gratifie Mens Curiosity, but to transmit what was necessary and sufficient for us to know.

This then premis'd (as I see no Reason why it should not) and that during all this Space they liv'd on *Fruits* and *Sallets*; 'tis little probable, that after their Transgression, and that they had forfeited their Dominion over the Creature (and were sentenc'd and exil'd to a Life of Sweat and Labour on a curs'd and ungrateful Soil) the offend-

ed

ed God ſhould regale them with Pampering *Fleſh*, or ſo much as ſuffer them to ſlay the more innocent Animal: Or, that if at any time they had Permiſſion, it was for any thing ſave Skins to cloath them, or in way of Adoration, or *Holocauſt* for Expiation, of which nothing of the *Fleſh* was to be eaten. Nor did the Brutes themſelves ſubſiſt by Prey (tho' pleas'd perhaps with Hunting, without deſtroying their Fellow Creatures) as may be preſum'd from their long Secluſion of the moſt Carnivorous among them in the Ark.

Thus then for two thouſand Years, the Univerſal Food was *Herbs* and *Plants*; which abundantly recompens'd the Want of *Fleſh* and other luxurious Meats, which ſhortened their Lives ſo many hundred Years; the * μακροβιότητα of the Patriarchs, which

* *Gen.* ix.

was an Emblem of Eternity as it were (after the new Conceſſion) beginning to dwindle to a little Span, a Nothing in Compariſon.

On the other ſide, examine we the preſent Uſages of ſeveral other Heathen Nations; particularly (beſides the *Ægyptian* Prieſts of old) the *Indian Bramins*, Relicts of the ancient *Gymnoſophiſts* to this Day, obſerving the Inſtitutions of their Founder. *Fleſh*, we know was baniſh'd the *Platonic* Tables, as well as from thoſe of *Pythagoras*; (See †*Porphyry* and their Diſciples) tho' on different Accounts. Among others of the Philoſophers, from *Xenocrates*, *Polemon*, &c. we hear of many. The like we find in *Clement Alexand.* †*Euſebius* names more. *Zeno*, *Archinomus*, *Phraartes*, *Chi-*

† *Porphyr.* de Abſtin. *Proclum*, *Jambleum*, &c.
* Strom. vii. † Præp. Ev. paſſim.

ron,

ron, and others, whom *Laertius* reckons up. In short, so very many, especially of the Christian Profession, that some, even of the ancient * Fathers themselves, have almost thought that the Permission of eating Flesh to *Noah* and his Sons, was granted them no otherwise than *Repudiation* of Wives was to the *Jews*, namely, for *the Hardness of their Hearts*, and to satisfie a murmuring Generation that a little after loathed *Manna* it self, and *Bread from Heaven*. So difficult a thing it is to subdue an unruly Appetite; which notwithstanding ‖ *Seneca* thinks not so hard a Task; where speaking of the Philosopher *Sextius*, and *Socion*'s (abhorting Cruelty and Intemperance) he celebrates the

* Tertul. *de Jejun.* cap. iv. Hieron. *adv. Jov.* Jovin. ‖ Sen. *Epist.* 108.

Advantages of the *Herby* and *Sallet* Diet, as *Physical*, and *Natural* Advancers of Health and other Blessings; whilst Abstinence from Flesh deprives Men of nothing but what *Lions*, *Vultures*, Beasts and Birds of Prey, blood and gorge themselves withal. The whole *Epistle* deserves the Reading, for the excellent Advice he gives on this and other Subjects; and how from many troublesome and slavish Impertinencies, grown into Habit and Custom (old as he was) he had Emancipated and freed himself: Be this apply'd to our present excessive Drinkers of Foreign and *Exotic* Liquors. And now

I am sufficiently sensible how far, and to how little purpose I am gone on this *Topic*: The Ply is long since taken, and our raw *Sallet* deckt in its best Trim, is never like to invite Men who once have tasted *Flesh* to quit

quit and abdicate a Cuſtom which has now ſo long obtain'd. Nor truly do I think Conſcience at all concern'd in the Matter, upon any Account of Diſtinction of *Pure* and *Impure*; tho' ſeriouſly conſider'd (as *Sextius* held) *rationi magis congrua*, as it regards the cruel Butcheries of ſo many harmleſs Creatures; ſome of which we put to mercileſs and needleſs Torment, to accommodate them for exquiſite and uncommon *Epicuriſm*. There lies elſe no poſitive Prohibition; Diſcrimination of Meats being *condemn'd as the *Doctrine of Devils*: Nor do Meats *commend us to God*. One eats *quid vult* (of every thing:) another *Olera*, and of *Sallets* only: But this is not my Buſineſs, further than to

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* 1 *Cor.* viii. 8. 1 *Tim.* iv. 1. 3. 14 *Rom.* ii. 3.

ſhew

ſhew how poſſible it is by ſo many Inſtances and Examples, to live on wholſome Vegetables, both long and happily: For ſo

* *The* Golden Age, *with this Proviſion bleſt,*
Such a Grand Sallet *made, and was a Feaſt.*
The Demi-Gods *with Bodies large and ſound,*
Commended then the Product of the Ground.
Fraud then, nor Force were known, nor filthy Luſt,
Which Over-heating and Intemp'rance nurſt:
Be their vile Names in Execration held,

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*Has Epulas habuit teneri gens aurea mundi,
Et cœnæ ingentis tunc caput ipſa fui.
Semideúmque meo creverunt corpora ſucco,
Materiam tanti ſanguinis ille dedit.
Tunc neque fraus nota eſt, neque vis, neque fœda libido;
Hæc nimis proles ſæva caloris erat.
Sit ſacrum illorum, ſit deteſtabile nomen,
Qui primi ſervæ regna dedere gulæ.

Who

Who with foul Glutt'ny first the World defil'd :
Parent of Vice, and all Diseases since,
With ghastly Death sprung up alone from thence.
Ah, from such reeking, bloody Tables fly,
Which Death for our Destruction does supply.
In Health, *if* Sallet Herbs *you can't endure ;*
Sick, you'll desire them ; or for Food, *or* Cure.

As to the other part of the Controversie, which concerns us; ἀιματοφάγοι, and *Occidental Blood-Eaters*; some Grave and Learn'd Men of late seem to scruple the present Usage, whilst they

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Hinc vitiis patefacta via est, morbisq; secutis
Se lethi facies exeruere novæ. (sas,
Ah, fuge crudeles Animantum sanguine men-
Quasque tibi obsonat mors inimica dapes.
Poscas tandem ægra si sanus negligis, herbas.
Esse cibus nequeunt ? at medicamen erunt.
Colci Plaut. *lib.* I. Lactuca.

ſee the Prohibition appearing, and to carry ſuch a Face of *Antiquity*, * *Scripture*, † *Councils*, || *Canons*, ∵ *Fathers*; *Imperial Conſtitutions*, and *Univerſal Practice*, unleſs it be among us of theſe Tracts of *Europe*, whither, with other Barbarities, that of eating the *Blood* and *Animal* Life of Creatures firſt was brought; and by our Mixtures with the *Goths*, *Vandals*, and other Spawn of Pagan *Scythians*; grown a Cuſtom, and ſince which I am perſuaded more Blood has been ſhed between *Chriſtians* than there ever was before the Water of the Flood covered this Corner of the World: Not that I impute it only to our eating *Blood*; but ſometimes wonder how it hapned that ſo ſtrict,

* Gen. ix. † Ancyra xiv. || Can. Apoſt. 50 ∵ Clem. Pædag. *Lib* 11. *c* 1. *Vide* Prudent. *Hymn.* χαθημερινῶν: Nos Oloris Coma, nos ſiliqua facta legumine multitudo paraveris innocuis Epulis.

ſo

so solemn and famous a *Sanction* not upon a *Ceremonial* Account; but (as some affirm) a *Moral* and *Perpetual* from *Noah*, to whom the Concession of eating *Flesh* was granted, and that of Blood forbidden (nor to this Day once revok'd) and whilst there also seems to lie fairer Proofs than for most other Controversies agitated among *Christians*, should be so generally forgotten, and give place to so many other impertinent Disputes and Cavels about other superstitious Fopperies, which frequently end in Blood and cutting of Throats.

As to the Reason of this Prohibition, its savouring of Cruelty excepted, (and that by *Galen*, and other experienc'd Physicians, the eating Blood is condemn'd as unwholsome, causing Indigestion and Obstructions) if a positive Command of *Almighty God* were not enough, it seems sufficiently in-

intimated; becauſe *Blood* was the *Vehicle* of the *Life* and *Animal Soul* of the Creature: For what other myſterious Cauſe, as haply its being always dedicated to *Expiatory Sacrifices*, &c. it is not for us to enquire. 'Tis ſaid, that *Juſtin Martyr* being asked, why the *Chriſtians* of his time were permitted the eating *Fleſh* and not the *Blood*? readily anſwer'd, That God might diſtinguiſh them from Beaſts, which eat them both together. 'Tis likewiſe urg'd, that by the *Apoſtolical Synod* (when the reſt of the *Jewiſh* Ceremonies and Types were aboliſh'd) this Prohibition was mention'd as a thing **neceſſary*, and rank'd with *Idolatry*, which was not to be local or temporary; but univerſally injoyn'd to converted Strangers

† Quæſt. & Reſp. ad Orthod. *Tho. Bartholinus*, de uſu Sanguinis.

* xv *Acts*, 20, 29.

and

and *Proselytes*, as well as *Jews*: Nor could the Scandal of neglecting to observe it, concern them alone, after so many Ages as it was and still is in continual Use; and those who transgress'd, so severely punish'd, as by an *Imperial Law* to be scourg'd to *Blood* and Bone: Indeed, so terrible was the Interdiction, that *Idolatry* excepted (which was also Moral and perpetual) nothing in Scripture seems to be more express. In the mean time, to relieve all other Scruples, it does not, they say, extend to that ἀκρίβεια of those few diluted Drops of *Extravasated Blood*, which might happen to tinge the Juice and *Gravy* of the Flesh (which were indeed *to strain at a Gnat*) but to those who devour the *Venal* and *Arterial Blood* separately, and in Quantity, as a choice Ingredient of their luxurious Preparations and *Apician* Tables. But

But this, and all the rest will, I fear, seem but *Oleribus verba facere*, and (as the Proverb goes) be Labour-in-vain to think of preaching down *Hogs-Puddings*, and usurp the Chair of *Rabby-Busy:* And therefore what is advanc'd in Countenance of the *Antediluvian* Diet, we leave to be ventilated by the Learned, and such as *Curcellæus*, who has borrow'd of all the Ancient Fathers, from *Tertullian*, *Hierom*, *S. Chrysostom*, &c. to the later Doctors and Divines, *Lyra*, *Tostatus*, *Dionysius Carthusianus*, *Pererius*, amongst the *Pontificians*; of *Peter Martyr*, *Zanchy*, *Aretius*, *Jac. Capellus*, *Hiddiger*, *Cocceius*, *Bochartus*, &c. amongst the *Protestants*; and *instar omnium*, by *Salmasius*, *Grotius*, *Vossius*, *Blundel:* In a Word, by the Learn'd of both Persuasions, favourable enough to these Opinions, *Cajetan* and *Calvin* only excepted,

cepted, who hold, that as to *Abſtinence* from *Fleſh*, there was no poſitive Command or Impoſition concerning it; but that the Uſe of *Herbs* and *Fruit* was recommended rather for Temperance ſake, and the Prolongation of Life: Upon which ſcore I am inclin'd to believe that the ancient Θεραπευτὰι, and other devout and contemplative Sects, diſtinguiſh'd themſelves; whoſe Courſe of Life we have at large deſcrib'd in * *Philo* (who liv'd and taught much in Gardens) with others of the Abſtemious *Chriſtians*; among whom, *Clemens* brings in St. *Mark* the *Evangeliſt* himſelf, *James* our Lord's Brother, St. *John*, &c. and with ſeveral of the devout Sex, the famous *Diaconeſſe Olympias*, mention'd by *Palladius* (not to name the

* *Philo* de Vit. Contemp. *Joſeph.* Antiq. *Lib.* 13. *Cap.* 9.

reſt) who abſtaining from Fleſh, betook themſelves to *Herbs* and *Sallets* upon the Account of Temperance, and the Vertues accompanying it; and concerning which the incomparable *Grotius* declares ingenuouſly his Opinion to be far from cenſuring, not only thoſe who forbear the eating *Fleſh* and Blood, *Experimenti Cauſâ*, and for Diſcipline ſake; but ſuch as forbear *ex Opinione*, and (becauſe it has been the ancient Cuſtom) provided they blam'd none who freely us'd their Liberty; and I think he's in the right.

But leaving this Controverſie (*nè nimium extra oleas*) it has often been objected, that *Fruit*, and *Plants*, and all other things, may ſince the Beginning, and as the World grows older, have univerſally become *Effœte*, impair'd and diveſted of thoſe Nutritious and tranſcendent Vertues they were

at

at first endow'd withal: But as this is begging the Question, and to which we have already spoken; so all are not agreed that there is any, the least * *Decay in Nature*, where equal Industry and Skill's apply'd. 'Tis true indeed, that the *Ordo Foliatorum*, *Feuillantines* (a late Order of *Ascetic Nuns*) amongst other Mortifications, made Trial upon the *Leaves* of *Plants* alone, to which they would needs confine themselves; but were not able to go through that thin and meagre Diet: But then it would be enquir'd whether they had not first, and from their very Childhood, been fed and brought up with *Flesh*, and better Sustenance till they enter'd the *Cloyster*; and what the Vegetables and the Preparation of

* *Hackwell.* Apolog.

them were allow'd by their Institution? Wherefore this is nothing to our Modern Use of *Sallets*, or its Disparagement. In the mean time, that we still think it not only possible, but likely, and with no great Art or Charge (taking *Roots* and *Fruit* into the Basket) substantially to maintain Mens Lives in Health and Vigour: For to *this*, and less than this, we have the Suffrage of the great || *Hippocrates* himself; who thinks, *ab initio etiam hominum* (as well as other Animals) *tali victu usum esse*, and needed no other Food. Nor is it an inconsiderable Speculation, That since *all Flesh is Grass* (not in a *Figurative*, but *Natural* and *Real* Sense) *Man* himself, who lives on *Flesh*, and I think upon no Earthly Animal whatsoever,

|| *Hippoc.* de vetere Medicina, *Cap.* 6, 7.

but

but such as feed on Grass, is nourish'd with them still; and so becoming an *Incarnate Herb*, and Innocent *Canibal*, may truly be said to devour himself.

We have said nothing of the *Lotophagi*, and such as (like St. *John* the *Baptist*, and other religious *Ascetics*) were Feeders on the *Summities* and Tops of Plants: But as divers of those, and others we have mention'd, were much in times of Streights, Persecutions, and other Circumstances, which did not in the least make it a Pretence, exempting them from Labour, and other Humane Offices, by ensnaring Obligations and *Vows* (never to be useful to the Publick, in whatever Exigency) so I cannot but take Notice of what a Learned || *Critic* speaking of Mens neglecting plain and Essential Duties, under Colour of exercising themselves

|| L. C. *Annot. in* Coloss. *c.* 2.

in a more sublime Course of Piety, and being Righteous above what is commanded (as those who seclude themselves in Monasteries) that they manifestly discover excessive Pride, Hatred of their Neighbour, Impatience of Injuries; to which *add*, *Melancholy Plots and Machinations*; and that he must be either stupid, or infected with the same Vice himself, who admires this ἐθελοπερισσοθρήσκεια, or thinks they were for that Cause the more pleasing to God. This being so, what may we then think of such Armies of *Hermits*, *Monks* and *Fryars*, who pretending to justifie a mistaken Zeal and meritorious Abstinence; not only by a peculiar Diet and Distinction of Meats (which God without Distinction has made the moderate Use of common and * indifferent amongst *Christians*) but by other sordid Usages, and unnecessary

* 2 *Tim.* iv. 3.

Hard-

Hardships, wilfully prejudice their Health and Constitution? and through a singular manner of living, dark and *Saturnine*; whilst they would seem to abdicate and forsake the World (in Imitation, as they pretend, of the Ancient *Eremites*) take care to settle, and build their warm and stately Nests in the most Populous Cities, and Places of Resort; ambitious doubtless of the Peoples Veneration and Opinion of an extraordinary Sanctity; and therefore flying the *Desarts*, where there is indeed no use of them; and flocking to the *Towns* and *Cities* where there is less, indeed none at all; and therefore no Marvel that the Emperour *Valentinian* banished them the Cities, and *Constantine Copronymus* finding them seditious, oblig'd them to marry, to leave their Cells, and live as did others. For of these, some there are who seldom

ſpeak, and therefore edifie none; ſleep little, and lie hard, are clad naſtily, and eat meanly (and oftentimes that which is unwholſom) and therefore benefit none: Not becauſe they might not, both for their own, and the Good of others, and the Publick; but becauſe they will not; Cuſtom, and a prodigious † Sloth accompanying it; which renders it ſo far from *Penance*, and the Mortification pretended, that they know not how to live, or ſpend their Time otherwiſe. This, as I have often conſider'd, ſo was I glad to find it juſtly perſtring'd, and taken notice of by a * Learned Perſon, amongſt others of his uſeful Remarks abroad.

'Theſe, ſays he, willingly renouncing the innocent Comforts of Life, plainly ſhew it

† *This, with their prodigious Ignorance. See* Mab. des Etudes Monaſt. *Part.* 2. *c.* 17.

* *Dr.* Liſter's *Journey to* Paris. *See* L' *Apocalyps* de Meliton, *ou Revelation des Myſteres Cenobitiques.*

'to

'to proceed more from a chagrin
'and morose Humour, than from
'any true and serious Principle of
'sound Religion; which teaches
'Men to be useful in their Gene-
'rations, sociable and commu-
'nicative, unaffected, and by no
'means singular and fantastic in
'Garb and Habit, as are these
'(forsooth) Fathers (as they af-
'fect to be call'd) spending their
Days in idle and fruitless Forms,
and tedious Repetitions; and
thereby thinking to merit the
Reward of those Ancient, and
truly pious *Solitaries*, who, God
knows, were driven from their
Countries and Repose, by the
Incursions of barbarous Nations
(whilst these have no such Cause)
and compell'd to Austerities,
not of their own chusing and
making, but the publick Calami-
ty; and to *labour* with their
Hands for their own, and others
necessary Support, as well as
with

with their *Prayers* and holy Lives, Examples to all the World: And some of these indeed (besides the *Solitaries* of the *Thebaid*, who wrought for abundance of poor Christians, sick, and in Captivity) I might bring in, as such who deserv'd to have their Names preserv'd; not for their rigorous Fare, and uncouth Disguises; but for teaching that the Grace of Temperance and other Vertues, consisted in a cheerful, innocent, and profitable Conversation.

And now to recapitulate what other Prerogatives the *Hortulan Provision* has been celebrated for, besides its Antiquity, Health and *Longævity* of the *Antediluvians*; that Temperance, Frugality, Leisure, Ease, and innumerable other Vertues and Advantages, which accompany it, are no less attributable to it. Let us hear

our

our excellent *Botaniſt* * Mr. *Ray*.

'The Uſe of Plants (ſays he) 'is all our Life long of that uni- 'verſal Importance and Concern, 'that we can neither live nor ſub- 'ſiſt in any Plenty with Decency, 'or Conveniency or be ſaid to live 'indeed at all without them: what- 'ſoever Food is neceſſary to ſuſtain 'us, whatſoever contributes to 'delight and refreſh us, are ſup- 'ply'd and brought forth out of 'that plentiful and abundant ſtore: 'and ah, how much more innocent, 'ſweet and healthful, is a Table 'cover'd with theſe, than with 'all the reeking Fleſh of butcher'd

* Plantarum uſus latiſſimè patet, & in omni vitæ parte occurrit, ſine illis lautè, ſine illis commodè non vivitur, ac nec vivitur omninò. Quæcunque ad victu neceſſaria ſunt, quæcunque ad delicias faciunt, è locupletiſſimo ſuo penu abundè ſubminiſtrant: Quantò ex eis menſa innocentior, mundior, ſalubrior, quam ex animalium cæde & Lani-

'and

'and ſlaughter'd Animals! Cer-
'tainly Man by Nature was ne-
'ver made to be a *Carnivorous*
'Creature; nor is he arm'd at
'all for Prey and Rapin, with
'gag'd and pointed Teeth and
'crooked Claws, ſharpned to
'rend and tear: But with gentle
'Hands to gather Fruit and Ve-
'getables, and with Teeth to chew
'and eat them: Nor do we ſo
'much as read the Uſe of *Fleſh* for
'Food, was at all permitted him,
'till after the Univerſal De-
'luge, *&c.*

To this might we add that tranſporting Conſideration, becoming both our Veneration and

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ena! Homo certè naturâ animal carnivorum non eſt; nullis ad prædam & rapinam armis inſtructum; non dentibus exertis & ſerratis, non unguibus aduncis: Manus ad fructos colligendos, dentes ad mandendos comparati; nec legimus ſe ante diluvium carnes ad eſum conceſſas, &c. *Raii Hiſt. Plant. Lib.* 1. *cap.* 24.

Ad-

Admiration of the infinitely wise and glorious Author of Nature, who has given to *Plants* such astonishing Properties; such fiery Heat in some to warm and cherish, such Coolness in others to temper and refresh, such pinguid Juice to nourish and feed the Body, such quickening *Acids* to compel the Appetite, and grateful Vehicles to court the Obedience of the Palate, such Vigour to renew and support our natural Strength, such ravishing Flavour and Perfumes to recreate and delight us: In short, such spirituous and active Force to animate and revive every Faculty and Part, to all the kinds of Human, and, I had almost said Heavenly Capacity too. What shall we add more? Our Gardens present us with them all; and whilst the *Shambles* are cover'd with Gore and Stench, our *Sallets* scape the Insults of the Sum-

Summer *Fly*, purifies and warms the Blood againſt Winter Rage: Nor wants there Variety in more abundance, than any of the former Ages could ſhew.

Survey we their *Bills of Fare*, and Numbers of Courſes ſerv'd up by *Athenæus*, dreſt with all the Garniſh of *Nicander* and other *Grecian* Wits: What has the *Roman Grand Sallet* worth the naming? *Parat Convivium*, The Gueſts are nam'd indeed, and we are told,

——* *Varias, quas habet hortus opes?*
How richly the Garden's ſtor'd!

In quibus eſt Lactuca ſedens, & tonſile porrum,
Nec deeſt ructatrix Mentha, nec herba ſalax, &c.
A Goodly Sallet!

* Mart. *lib.* x. *Epig.* 44.

Let-

Lettuce, *Leeks*, *Mint*, *Rocket*, *Colewort-Tops*, with *Oyl* and *Eggs*, and such an *Hotch-Pot* following (as the Cook in *Plautus* would deservedly laugh at) But how infinitely out-done in this Age of ours, by the Variety of so many rare *Edules* unknown to the Ancients, that there's no room for the Comparison. And, for Magnificence, let the *Sallet* drest by the Lady for an Entertainment made by *Jacobus Catsius* (describ'd by the Poet * *Barlæus*) shew; not at all yet out-doing what we every Day almost find at our *Lord Mayor's Table*, and other great Persons, Lovers of the Gardens; that sort of elegant Cookery being capable of such wonderful Variety, tho' not altogether wanting of old, if that be true which is related to

* Barl. *Eleg. lib.* 3.

us

us of || *Nicomedes* a certain King of *Bithynia*, whose Cook made him a *Pilchard* (a Fish he exceedingly long'd for) of a well dissembl'd *Turnip*, carv'd in its Shape, and dreſt with *Oyl*, *Salt*, and *Pepper*, that so deceiv'd, and yet pleased the Prince, that he commended it for the best Fish he had ever eaten. Nor does all this exceed what every industrious *Gardiner* may innocently enjoy, as well as the greatest Potentate on Earth.

Vitellius *his Table, to which every Day*
All Courtiers did a constant Tribute pay,
Could nothing more delicious afford
Than Nature's Liberality.
Help'd with a little Art and Industry,
Allows the meanest Gard'ners Board,

|| Athen. Deip. *l.* 1.

The

The wanton Taste no Fish or Fowl
can chuse,
For which the Grape or Melon she
would lose.
Tho' all th' Inhabitants of Sea and
Air.
Be listed in the Glutton's Bill of
Fare;
Yet still the Sallet, *and the* Fruit
we see
Plac'd the third Story high in all
her Luxury.

So the Sweet † *Poet*, whom I can never part with for his Love to this delicious Toil, and the Honour he has done me.

Verily, the infinite Plenty and Abundance, with which the benign and bountiful Author of Nature has stor'd the whole Terrestrial World, more with *Plants* and *Vegetables* than with any o-

† Cowley, *Garden. Stanz.* 6.

ther Provision whatsoever; and the Variety not only equal, but by far exceeding the Pleasure and Delight of Taste (above all the Art of the *Kitchen*, than ever * *Apicius* knew) seems loudly to call, and kindly invite all her living Inhabitants (none excepted) who are of gentle Nature, and most useful, to the same *Hospitable* and Common-Board, which first she furnish'd with *Plants* and *Fruit*, as to their natural and genuine Pasture; nay, and of the most wild, and savage too *ab origine*: As in *Paradise*, where, as the *Evangelical* † Prophet adumbrating the

* *Hence in* Macrobius Sat. lib. vii. c. 5. *we find* Eupolis *the Comedian in his* Æges, *bringing in Goats boasting the Variety of their Food,* Βοσκόμεθ' ὕλης ἀπὸ παντοδαπῆς, ἑλάτης, &c. *After which follows a Banquet of innumerable sorts.*

† Esa. lxv. 25.

fu-

future Glory of the *Catholick Church*, (of which that happy *Garden* was the *Antitype*) the *Wolf and the Lamb, the angry and furious Lion, ſhould eat Graſs and Herbs together with the Ox.* But after all, *latet anguis in herba*, there's a *Snake* in the Graſs; Luxury, and Exceſs in our moſt innocent Fruitions. There was a time indeed when the Garden furniſh'd Entertainments for the moſt Renown'd Heroes, virtuous and excellent Perſons; till the Blood-thirſty and Ambitious, over-running the Nations, and by Murders and Rapine riſl'd the World, to tranſplant its Luxury to its new Miſtriſs, *Rome*. Thoſe whom heretofore * two Acres

* Bina tunc jugera populo Romano ſatis erat, nullique majorem modum attribuit, quo ſervos paulo ante principis Neronis, contemptis hujus ſpatii Viridariis, piſcinas juvat habere majores, gratúmque, ſi non aliquem & culinas. *Plin. Hiſt. Nat. lib.* xviii. *c.* 2.

of Land would have satisfied, and plentifully maintain'd; had afterwards their very Kitchens almost as large as their first Territories: Nor was that enough: Entire * *Forests* and *Parks*, *Warrens* and *Fish-Ponds*, and ample Lakes to furnish their Tables, so as Men could not live by one another without Oppression: Nay, and to shew how the best, and most innocent things may be perverted; they chang'd those frugal and *inemptas Dapes* of their Ancestors, to that Height and Profusion; that we read of * *Edicts* and *Sumptuary Laws*, enacted to restrain even the Pride and Excess of *Sallets*. But so it was not when the *Pease-Field* spread

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* Interea gustus elementa per omnia quærunt. *Juv. Sat.* 4.

† Cicero. *Epist.* Lib. 7. *Ep.* 26. *Complaining of a costly Sallet, that had almost cost him his Life.*

a Table for the Conquerors of the World, and their Grounds were cultivated *Vomere laureato, & triumphali aratore:* The greatest Princes took the *Spade* and the *Plough-Staff* in the same Hand they held the Sceptre; and the Noblest † Families thought it no Dishonour, to derive their Names from *Plants* and *Sallet-Herbs*: They arriv'd, I say to that Pitch of ingrossing all that was but green, and could be vary'd by the Cook (*Heu quam prodiga ventris!*) that, as *Pliny* tells us (*non sine pudore*, not without blushing) a poor Man could hardly find a *Thistle* to dress for his Supper; or what

† Valeriana, *That of* Lectucini, Achilleia, Lysimachia. Fabius, Cicero, Lentulus, Piso, &c. à Fabis, Cicere, Lente, Pisis bene serendis dicti, *Plin.*

his hungry * *Asse* would not touch, for fear of pricking his Lips.

Verily the Luxury of the East ruin'd the greatest Monarchies; first, the *Persian*, then the *Grecian*, and afterwards *Rome* her self: By what Steps, see elegantly describ'd in Old || *Gratius* the *Falisean*, deploring his own Age compar'd with the former:

O quantum, & quoties decoris frustrata paterni!
At qualis nostris, quam simplex mensa Camillis!
Qui tibi cultus erat post tot, Serrane, triumphos?
Ergo illi ex habitu, virtutisq; indole priscæ,
Imposuere orbi Romam caput: ——

* Mirum esset non licere pecori Carduis vesci, non licet plebei, &c. *And in another Place,* Quoniam portenta quoque terrarum in ganeam vertimus, etiam quæ refugeant quadrupedes conscie, *Plin.* Hist. Nat. l. xix. c. 8.

|| Gra. Falisc. *Cyneget.* Vas. *See concerning this Excess* Macr. *Sat. l. 2. c. 9.* & sequ.

Neigh-

Neighb'ring Exceſſes being made thine own,
How art thou fall'n from thine old Renown!
But our *Camilli* did but plainly fare,
No Port did oft triumphant *Serran* bear:
Therefore ſuch Hardſhip, and their Heart ſo great
Gave *Rome* to be the World's Imperial Seat.

But as theſe were the Senſual and Voluptuous, who abus'd their Plenty, ſpent their Fortunes and ſhortned their Lives by their Debauches; ſo never did they taſte the Delicaces, and true Satisfaction of a ſober Repaſt, and the infinite Conveniences of what well-ſtor'd *Garden* affords; ſo elegantly deſcrib'd by the

* *Naturaliſt*, as coſting neither Fuel nor Fire to boil, Pains or time to gather and prepare, *Res expedita & parata ſemper:* All was ſo near at hand, readily dreſt, and of ſo eaſie Digeſtion; as neither to offend the Brain, or dull the Senſes; and in the greateſt Dearth of Corn, a little Bread ſufficid. In all Events,

‖ *Panis ematur, Olus, Vini Sextarius adde*
Queis humana ſibi doleat natura negatis.

Bread, Wine, and wholſome Sallets you may buy,
What Nature adds beſides is Luxury.

---

* Horti maximè placebant, quia non egerent igni, parcerentque ligno, expedita res, & parata ſemper, unde *Acetaria* appellantur, facilia concoqui, nec oneratura ſenſum cibo, & quæ minimè accenderent deſiderium panis. *Plin. Hiſt. Nat. Lib.* xix. *c.* 4. *And of this exceeding Frugality of the* Romans, *till after the* Mithridatic *War, ſee* Athenæus Deip. Lib. 6. *cap.* 21.

‖ Horat. *Serm. Sat.* 1.

They

They could then make an honest Meal, and dine upon a *Sallet*, without so much as a Grain of *Exotic Spice*; And the *Potagere* was in such Reputation, that she who neglected her *Kitchen-Garden* (for that was still the Good-Woman's Province) was never reputed a tolerable Huswife: *Si vespertinus subitò te oppresserit hospes*, she was never surpriz'd, had all (as we said) at hand, and could in a Trice set forth an handsome *Sallet*: And if this was Happiness, *Convictus facilis sine arte mensa* (as the *Poet* reckons) it was here in Perfection. In a Word, so universal was the *Sallet*, that the * Un-bloody Shambles (as *Pliny* calls them) yielded the † *Roman* State a more considerable Custom (when there

* Nequam esse in domo matrem familias (etenim hæc cura Fœminæ dicebatur) ubi indiligens esset hortus.

† Alterum succidium. *Cic.* in *Catone.* Tiberias *had a Tribute of* Skirts *paid him.*

was

was little more than honeſt *Cabbage* and *Worts*) than almoſt any thing beſides brought to Market.

They ſpent not then ſo much precious time as afterwards they did, gorging themſelves with *Fleſh* and *Fiſh*, ſo as hardly able to riſe, without reeking and reeling from Table.

*——— *Vides ut pallidus omnis*
Cœna deſurgat dubia? quin corpus onuſtum
Heſternis vitiis, animum quoque prægravat unà,
Atque affigit humo divinæ particulam auræ.

See but how pale they look, how wretchedly,
With Yeſterday's Surcharge diſturb'd they be!
Nor Body only ſuff'ring, but the Mind,
That nobler Part, dull'd and depreſs'd we find.

*Hor. *Sat. l.* 2. Vix præ vino ſuſtinet palpebras, eunti in conſilium, &c. *See the Oration of* C. *Titius* de Leg. Fan. Mac. *Sat. l.* 2. *c.* 12.

Drow-

Drowsie and unapt for Business, and other nobler Parts of Life.

Time was before Men in those golden Days: Their Spirits were brisk and lively.

——*Ubi dicto citius curata sopori*
Membra dedit, Vegetus præscripta
ad munera surgit.

With shorter, but much sweeter
Sleep content,
Vigorous and fresh, about their
Business went.

And Men had their Wits about them; their Appetites were natural, their Sleep *molli sub arbore*, sound, sweet and kindly: That excellent Emperour *Tacitus* being us'd to say of *Lettuce*, that he did *somnum se mercari* when he eat of them, and call'd it a sumptuous Feast, with a *Sallet* and a single *Pullet*, which was usually all the Flesh-Meat that sober

Prince

Prince eat of; whilst *Maximinus* (a profeſs'd Enemy to *Sallet*) is reported to have ſcarce been ſatisfied, with ſixty Pounds of *Fleſh*, and Drink proportionable.

There was then alſo far leſs expenſive Grandure, but far more true State; when *Conſuls*, great Stateſmen (and ſuch as atchiev'd the moſt renown'd Actions) ſup'd in their *Gardens*; not under coſtly, gilded, and inlaid Roofs, but the ſpreading *Platan*; and drank of the Chryſtal Brook, and by Temperance, and healthy Frugality, maintain'd the Glory of *Sallets*, *Ah, quanto innocentiore victu*! with what Content and Satisfaction! Nor, as we ſaid, wanted there Variety; for ſo in the moſt bliſsful Place, and innocent State of Nature, See how the firſt *Empreſs* of the World *Regal's* her *Celeſtial* Gueſt:

* *With*

*With sav'ry Fruit of Taste to please
True Appetite,——and brings
Whatever Earth's all-bearing Mother yields
—— Fruit of all kinds, in Coat
Rough, or smooth-Rind, or bearded Husk, or Shell.
Heaps with unsparing Hand: For Drink the Grape
She crushes, inoffensive Must, and Meaches
From many a Berry, and from sweet Kernel prest,
She temper'd dulcid Creams.——

Then for the Board.

—— —— Rais'd of a grassy Turf
The Table was, and Mossy Seats had round;
And on the ample Square from Side to Side,
All Autumn pil'd: Ah Innocence,
Deserving Paradise!

* Milton's *Paradise*, l. v. ver. 228.

Thus

Thus, the *Hortulan* Proviſion of the †*Golden Age* fitted all *Places*, *Times* and *Perſons*; and when Man is reſtor'd to that State again, it will be as it was in the Beginning.

But now after all (and for Cloſe of all) Let none yet imagine, that whilſt we juſtifie our preſent Subject through all the *Topics* of *Panegyric*, we would in Favour of the *Sallet*, dreſt with all its Pomp and Advantage turn Mankind to *Graſs* again; which were ungratefully to neglect the Bounty of Heaven, as well as his Health and Comfort: But by theſe Noble Inſtances and Examples, to reproach the *Luxury* of the preſent Age; and by ſhewing the infi-

† At victus illa ætas cui fecimus aurea nomen
Fructibus arboreis, & quas humus educat herbis
Fortunata fuit. —— *Met.* xv.

nite

nite Bleſſing and Effects of Temperance, and the Vertues accompanying it; with how little Nature, and a * Civil Appetite may be happy, contented with moderate things, and within a little Compaſs, reſerving the reſt, to the nobler Parts of Life. And thus of old,

Hoc erat in votis, modus agri non ita magnus, &c.

He that was poſſeſs'd of a little Spot of Ground, and well-cultivated *Garden*, with other moderate Circumſtances, had ‖ *Hæredium*. All that a modeſt Man could well deſire. Then,

---

* Bene moratus venter.
‖ TAB. II.

* *Hap-*

* *Happy the Man, who from Ambition freed,*
A little Garden, little Field does feed.
The Field gives frugal Nature what's requir'd;
The Garden what's luxuriously desir'd:
The specious Evils of an anxious Life,
He leaves to Fools to be their endless Strife.

O Fortunatos nimium bona si sua norint
Horticulos !

---

* Fœlix, quem miserâ procul ambitione remotum,
Parvus ager placidè, parvus & hortus, alit.
Præbet ager quicquid frugi natura requirit,
Hortus habet quicquid luxuriosa petit,
Cætera sollicitæ specioſa incommoda vitæ
Permittit stultis quærere, habere malis.
Cowley, Pl. lib. iv.

FINIS.

APPENDIX.

THO' *it was far from our first Intention to charge this small Volume and Discourse concerning* Crude Sallets, *with any of the following Receits: Yet having since received them from an* Experienc'd Housewife; *and that they may possibly be useful to correct, preserve and improve our* Acetaria, *we have allow'd them Place as an* Appendant *Variety upon Occasion: Nor account we it the least Dishonour to our former Treatise, that we kindly entertain'd them; since (besides divers Learned* Physicians, *and such as have* ex professo *written* de Re Cibaria) *we have the Examples of many other*

Plin. Athenæus, Macrobius, Bacon, Boyle, Digby, &c.

* Noble *and* Illuſtrious *Perſons, both among the* Ancient *and* Modern.

Artichoak. *Clear it of the Leaves and cut the Bottoms in pretty thin Slices or Quarters; then fry them in freſh Butter with ſome Parſley, till it is criſp, and the Slices tender; and ſo diſh them with other freſh melted Butter.*

How a Poiverade *is made, and the Bottoms preſerv'd all the Winter, See* Acetaria. *p.* 8, 9.

Aſhen-keys. *See* Pickle.

Aſparagus. *See* Pickle.

Beets.
Broom.
Buds.
Capers. } *See* Pickle.

Carrot. *See* Pudding.

Champignon. *See* Muſhroom

Cheſ

2. Cheſſnut. *Roaſted under the Embers, or dry fryed, till they ſhell, and quit their Husks, may be ſlit; the Juice of Orange ſqueezed on a Lump of hard Sugar diſſolv'd; to which add ſome Claret Wine.*

Collyflower.
Cucumber.
Elder-flowers.
Flowers.
Gilly-flowers.
} *See* Pickle.

Herbs. *See* Pudding *and* Tart.
Limon. *See* Pickle.

3. Muſhroom. *Chuſe the ſmall, firm and white Buttons*, growing *upon ſweet Paſture Grounds, neither under, or about any Trees: ſtrip off the upper Skin, and pare away all the black ſpungy Bottom part; then ſlice them in quarters, and caſt them in Water a while to cleanſe: Then Boil them in*

fresh Water, and a little sweet Butter; (some boil them a quarter of an hour first) and then taking them out, dry them in a Cloth, pressing out the Water, and whilst hot, add the Butter; and then boiling a full Hour (to exhaust the Malignity) shift them in another clean Water, with Butter, as before till they become sufficiently tender. Then being taken out, pour upon them as much strong Mutton (or other) Broth as will cover them, with six Spoonfuls of White-Wine, twelve Cloves, as many Pepper-Corns, four small young Onions, half an Handful of Persly bound up with two or three Spriggs of Thyme, an Anchovy, *Oysters raw, or pickl'd; a little Salt, sweet Butter; and so let them stew. See* Acetar. N. 39.

Another.

Prepar'd, and cleans'd as above, and caſt into Fountain-Water, to preſerve them from growing black; Boil them in freſh Water and Salt; and whilſt on the Fire, caſt in the Muſhrooms, *letting them boil till they become tender: Then ſtew them leiſurely between two Diſhes (the Water being drained from them) in a third Part of White-Wine and Butter, a ſmall Bundle of ſweet Herbs at diſcretion. To theſe add Broth as before, with Cloves, Mace, Nutmeg,* Anchovies (*one is ſufficient*) *Oyſters,* &c. *a ſmall Onion, with the green Stem chopt ſmall; and laſtly, ſome* Mutton-*Gravy, rubbing the Diſh gently with a Clove of Garlick, or ſome* Rocombo *Seeds in its ſtead. Some beat the Yolk of a freſh Egg with Vinegar, and Butter, and a little* Pepper.

In France *some (more compendiously being peel'd and prepared) cast them into a Pipkin, where, with the Sweet Herbs, Spice, and an Onion they stew them in their own Juice, without any other Water or Liquor at all; and then taking out the Herbs and Onion, thicken it with a little Butter, and so eat them.*

In Poiverade.

The large Mushrooms well cleansed, &c. being cut into quarters and strewed with Pepper and Salt, are broil'd on the Grid-iron, and eaten with fresh Butter.

In Powder.

Being fresh gathered, cleans'd, &c. and cut in Pieces, stew them in Water and Salt; and being taken forth, dry them with a Cloth: Then putting them into an Earth-Glazed Pot, set them into the Oven after the Bread is drawn: Repeat this till they are perfectly dry; and reserve them in Papers

to

to crumble into what Sawce you pleaſe. For the reſt, ſee Pickle.

4. Muſtard. *Procure the beſt and weightieſt Seed: caſt it into Water two or three times, till no more of the Husk ariſe: Then taking out the ſound (which will ſink to the Bottom) rub it very dry in warm courſe Cloths, ſhewing it alſo a little to the Fire in a Diſh or Pan. Then ſtamp it as ſmall as to paſs through a fine Tiffany Sieve: Then ſlice ſome Horſe-Raddiſh, and lay it to ſoak in ſtrong Vinegar, with a ſmall Lump of hard Sugar (which ſome leave out) to temper the Flower with, being drained from the Radiſh, and ſo pot it all in a Glaz'd Mug, with an Onion, and keep it well ſtop'd with a Cork upon a Bladder, which is the more cleanly: But this* Receit *is improv'd, if inſtead of Vinegar, Water only, or the Broth of powder'd Beef be made uſe of. And to ſome of*

this Mustard *adding Verjuice, Sugar, Claret-Wine, and Juice of Limon, you have an excellent Sauce to any sort of Flesh or Fish.*

Note, that a Pint of good Seed is enough to make at one time, and to keep fresh a competent while. What part of it does not pass the Sarse, *may be beaten again; and you may reserve the Flower in a well closed Glass, and make fresh Mustard when you please. See* Acetaria, *p.* 59. 103.

Nasturtium. *Vide* Pickle.

Orange. *See* Limon *in Pickle.*

5. Parsnip. *Take the large Roots, boil them, and strip the Skin: Then slit them long-ways into pretty thin Slices; Flower and fry them in fresh Butter till they look brown. The Sauce is other sweet Butter melted. Some strow Sugar and Cinamon upon them. Thus you may accommodate other Roots.*

There is made a Mash or Pomate of this Root, being boiled very tender with a little fresh Cream; and being heated again, put to it some Butter, a little Sugar and Juice of Limon; dish it upon Sippets; sometimes a few Corinths *are added.*

Peny-royal. *See* Pudding.

Pickles.

Pickl'd

6. Artichoaks. *See* Acetaria, p. 9.

7. Ashen-keys. *Gather them young, and boil them in three or four Waters to extract the Bitterness; and when they feel tender, prepare a Syrup of sharp White-Wine Vinegar, Sugar, and a little Water. Then boil them on a very quick Fire, and they will become of a green Colour, fit to be potted so soon as cold.*

8.

8. Asparagus. *Break off the hard Ends, and put them in White-Wine Vinegar and Salt, well covered with it; and so let them remain for six Weeks: Then taking them out, boil the Liquour or Pickle, and scum it carefully. If need be, renew the Vinegar and Salt; and when 'tis cold, pot them up again. Thus may one keep them the whole Year.*

9. Beans. *Take such as are fresh young, and approaching their full Growth. Put them into a strong Brine of White-Wine Vinegar and Salt able to bear an Egg. Cover them very close, and so will they be preserved twelve Months: But a Month before you use them, take out what Quantity you think sufficient for your spending a quarter of a Year (for so long the second Pickle will keep them sound) and boil them in a Skillet of fresh Wa-*

Water, till they begin to look green, as they ſoon will do. Then placing them one by one, (to drain upon a clean courſe Napkin) range them Row by Row in a Jarr, *and cover them with Vinegar, and what Spice you pleaſe; ſome Weight being laid upon them to keep them under the Pickle. Thus you may preſerve* French-*Beans*, Harico's, *&c. the whole Year about.*

10. Broom-Buds *and* Pods. *Make a ſtrong Pickle, as above; ſtir it very well, till the Salt be quite diſſolved, clearing off the Dregs and Scum. The next Day pour it from the Bottom; and having rubbed the Buds dry pot them up in a Pickle-Glaſs, which ſhould be frequently ſhaken, till they ſink under it, and keep it well ſtopt and covered.*

Thus may you pickle any other Buds. *Or as follows:*

11. *Of* Elder. *Take the largeſt* Buds, *and boil them in a Skillet with Salt and Water, ſufficient only to ſcald them; and ſo (being taken off the Fire) let them remain covered till Green; and then pot them with Vinegar and Salt, which has had one Boil up to cleanſe it.*

12. Collyflowers. *Boil them till they fall in Pieces: Then with ſome of the Stalk, and worſt of the Flower, boil it in a part of the Liquor till pretty ſtrong: Then being taken off, ſtrain it; and when ſettled, clear it from the Bottom. Then with* Dill, *Groſs Pepper, a pretty Quantity of Salt, when cold, add as much Vinegar as will make it ſharp, and pour all upon the* Collyflower; *and ſo as to keep them from touching one another; which is prevented by putting Paper cloſe to them.*

Cornelians *are pickled like* Olives.

13.

13. Cowslips. *Pickt very clean; to each Pound of Flowers allow about one Pound of Loaf-Sugar, and one Pint of White-Wine Vinegar, which boil to a Syrup, and cover it scalding-hot. Thus you may pickle* Clove-gillyflowers, Elder, *and other Flowers, which being eaten alone, make a very agreeable Salletine.*

14. Cucumbers. *Take the* Gorkems, *or smaller* Cucumbers; *put them into* Rape-Vinegar, *and boyl, and cover them so close, as none of the Vapour may issue forth; and also let them stand till the next day: Then boil them in fresh White-Wine Vinegar, with large Mace, Nutmeg, Ginger, white Pepper, and a little Salt, (according to discretion) straining the former Liquor from the* Cucumbers; *and so place them in a Jarr, or wide mouthed Glass, laying a lit-*

little Dill and Fennel between each Rank; and covering all with the fresh scalding-hot Pickle, keep all close, and repeat it daily, till you find them sufficiently green.

In the same sort Cucumbers *of the largest size, being peel'd and cut into thin Slices, are very delicate.*

Another.

Wiping them clean, put them in a very strong Brine of Water and Salt, to soak two or three Hours or longer, if you see Cause: Then range them in the Jarr *or* Barrellet *with Herbs and Spice as usual; and cover them with hot Liquor made of two parts Beer-Vinegar, and one of White-Wine Vinegar: Let all be very well closed. A Fortnight after scald the Pickle again, and repeat it, as above: Thus they will keep longer, and from being so*

ſoon ſharp, eat crimp and well taſted, tho' not altogether ſo green. You may add a VValnut-Leaf, Hyſop, Coſtmary, &c. and as ſome do, ſtrow on them a little Powder of Roch-Allom, *which makes them firm and eatable within a Month or ſix VVeeks after.*

Mango *of* Cucumbers.

Take the biggeſt Cucumbers (*and moſt of the* Mango *ſize*) *that look green: Open them on the Top or Side; and ſcooping out the Seeds, ſupply their Place with a ſmall Clove of* Garlick, *or ſome* Roccombo *Seeds. Then put them into an Earthen Glazed* Jarr, *or wide-mouth'd Glaſs, with as much VVhite VVine Vinegar as will cover them. Boil them in the Vinegar with Pepper, Cloves, Mace, &c. and when off the Fire, as much Salt as will make a gentle Brine;*

Brine; and so pour all boyling-hot on the Cucumbers, *covering them close till the next Day. Then put them with a little Dill, and Pickle into a large Skillet; and giving them a Boyl or two, return them into the Vessel again: And when all is cold, add a good Spoonful of the best* Mustard, *keeping it from the Air, and so have you an excellent* Mango. *When you have occasion to take any out, make use of a Spoon, and not your* Fingers.

Elder. *See* Buds.

Flowers. *See* Cowslips, *and for other* Flowers.

15. Limon. *Take Slices of the thick Rind Limon, Boil and shift them in several Waters, till they are pretty tender: Then drain and wipe them dry with a clean Cloth; and make a Pickle with a little White-Wine Vinegar,*

gar, one part to two of fair Water, and a little Sugar, carefully scum'd. When all is cold, pour it on the peel'd Rind, and cover it all close in a convenient Glass Jarr. Some make a Syrup of Vinegar, White-Wine and Sugar not too thick, and pour it on hot.

16. Melon. *The abortive and after-Fruit of Melons being pickled as* Cucumber, *make an excellent Sallet.*

17. Mushrom. *Take a Quart of the best White-Wine Vinegar; as much of White-Wine, Cloves, Mace, Nutmeg a pretty Quantity, beaten together: Let the Spice boil therein to the Consumption of half; then taken off, and being cold, pour the Liquour on the* Mushroms; *but leave out the boiled Spice, and cast in of the same sort of Spice whole, the Nutmeg only slit in Quarters,*

with some Limon-Peel, white Pepper; and if you please a whole raw Onion, which take out again when it begins to perish.

Another.

The Mushroms *peel'd*, &c. *throw them into Water, and then into a Sauce-Pan, with some long Pepper, Cloves, Mace, a quarter'd Nutmeg, with an Onion, Shallot, or Roccombo-Seed, and a little Salt. Let them all boil a quarter of an hour on a very quick Fire: Then take out and cold, with a pretty Quantity of the former Spice, boil them in some White-Wine; which (being cold) cast upon the* Mushroms, *and fill up the Pot with the best White-Wine, a Bay-Leaf or two, and an Handful of Salt: Then cover them with the Liquour; and if for long keeping, pour Sallet-Oil over all, tho' they will be preserved a Year without it.*

They

They are sometimes boil'd in Salt and Water, with some Milk, and laying them in the Colender to drain, till cold, and wiped dry, cast them into the Pickle with the White-Wine, Vinegar and Salt, grated Nutmeg, Ginger bruised, Cloves, Mace, white Pepper and Limon-Peel; pour the Liquor on them cold without boiling.

18. Nasturtium Indicum. *Gather the Buds before they open to flower; lay them in the Shade three or four Hours, and putting them into an Earthen Glazed Vessel, pour good Vinegar on them, and cover it with a Board. Thus letting it stand for eight or ten Days: Then being taken out, and gently press'd, cast them into fresh Vinegar, and let them so remain as long as before. Repeat this a third time, and Barrel them up with Vinegar and a little Salt.*

Orange. *See* Limon.

20. Potato. *The small green Fruit (when about the size of the Wild Cherry) being pickled, is an agreeable Sallet. But the Root being roasted under the Embers, or otherwise, open'd with a Knife, the Pulp is butter'd in the Skin, of which it will take up a good Quantity, and is seasoned with a little Salt and Pepper. Some eat them with Sugar together in the Skin, which has a pleasant Crimpness. They are also stew'd and bak'd in Pyes,* &c.

21. Purselan. *Lay the Stalks in an Earthen Pan; then cover them with Beer-Vinegar and Water, keeping them down with a competent Weight to imbibe, three Days: Being taken out, put them into a Pot with as much White-Wine Vinegar as will cover them again; and close the Lid with Paste to keep in the Steam:*

Steam: Then set them on the Fire for three or four Hours, often shaking and stirring them: Then open the Cover, and turn and remove those Stalks which lie at the Bottom, to the Top, and boil them as before, till they are all of a Colour. When all is cold, pot them with fresh White-Wine Vinegar, and so you may preserve them the whole Year round.

22. Radish. *The Seed-Pods of this Root being pickl'd, are a pretty Sallet.*

23. Sampier. *Let it be gathered about* Michaelmas (*or the Spring*) *and put two or three Hours into a Brine of Water and Salt; then into a clean Tin'd Brass Pot, with three parts of strong White-Wine Vinegar, and one part of Water and Salt, or as much as will cover the* Sampier, *keeping the Vapour from issuing out, by pasting down*

the Pot-lid, and so hang it over the Fire for half an Hour only. Being taken off, let it remain cover'd till it be cold; and then put it up into small Barrels or Jars, with the Liquor, and some fresh Vinegar, Water and Salt; and thus it will keep very green. If you be near the Sea, that Water will supply the place of Brine. This is the Dover *Receit.*

24. Walnuts. *Gather the Nuts young, before they begin to harden, but not before the Kernel is pretty white: Steep them in as much Water as will more then cover them. Then set them on the Fire, and when the Water boils, and grows black, pour it off, and supply it with fresh, boiling it as before, and continuing to shift it till it become clear, and the* Nuts *pretty tender: Then let them be put into clean Spring-Water for two Days, changing it as before, with*

with fresh, two or three times within this Space: Then lay them to drain, and dry on a clean course Cloth, and put them up in a Glass Jar, with a few Walnut Leaves, Dill, Cloves, Pepper, whole Mace and Salt; strowing them under every Layer of Nuts, till the Vessel be three quarters full; and lastly, replenishing it with the best Vinegar, keep it well covered; and so they will be fit to spend within three Months.

To make a *Mango* with them.

The Green Nuts prepared as before, cover the Bottom of the Jar with some Dill, an Handful of Bay-Salt, &c. *and then a Bed of Nuts; and so* stratum *upon* stratum, *as above, adding to the Spice some* Roccombo-Seeds; *and filling the rest of the Jar with the best White-Wine Vinegar, mingled with the best Mustard; and so*

let them remain close covered, during two or three Months time: And thus have you a more agreeable Mango *than what is brought us from abroad; which you may use in any Sauce, and is of it self a rich Condiment.*

Thus far Pickles.

25. Potage Maigre. *Take four Quarts of Spring-Water, two or three Onions stuck with some Cloves, two or three Slices of* Limon-Peel, *Salt, whole white Pepper, Mace, a Raze or two of Ginger, tied up in a fine Cloth (*Lawn *or Tiffany) and make all boil for half an Hour; Then having Spinage, Sorrel, white Beet-Chard, a little Cabbage, a few small Tops of Cives, wash'd and pick'd clean, shred them well, and cast them into the Liquor, with a Pint of blue Pease boil'd soft and strain'd, with a Bunch of sweet Herbs, the Top and Bottom of a* French Roll; *and so suffer it to boil during three Hours; and then*

dish

diſh it with another ſmall French Roll, *and Slices about the Diſh: Some cut Bread in ſlices, and frying them brown (being dried) put them into the Pottage juſt as it is going to be eaten.*

The ſame Herbs, clean waſh'd, broken and pulled aſunder only, being put in a cloſe cover'd Pipkin, without any other Water or Liquor, will ſtew in their own Juice and Moiſture. Some add an whole Onion, which after a while ſhould be taken out, remembring to ſeaſon it with Salt and Spice, and ſerve it up with Bread and a Piece of freſh Butter.

25. Pudding *of* Carrot. *Pare off ſome of the Cruſt of Manchet-Bread, and grate off half as much of the reſt as there is of the Root, which muſt alſo be grated: Then take half a Pint of freſh Cream or New Milk, half a Pound of freſh Butter, ſix new laid Eggs (taking out three of the Whites) maſh*

mash and mingle them well with the Cream and Butter: Then put in the grated Bread and Carrot, with near half a Pound of Sugar, and a little Salt; some grated Nutmeg and beaten Spice; and pour all into a convenient Dish or Pan, butter'd, to keep the Ingredients from sticking and burning; set it in a quick Oven for about an Hour, and so have you a Composition for any Root-Pudding.

27. Penny-royal. *The Cream, Eggs, Spice, &c. as above, but not so much Sugar and Salt: Take a pretty Quantity of Peny-royal and Marigold Flower, &c. very well shred, and mingle with the Cream, Eggs, &c. four Spoonfuls of Sack; half a Pint more of Cream, and almost a Pound of Beef-Suet chopt very small, the Gratings of a Two-penny Loaf, and stirring all well together, put it into a Bag flower'd and tie it fast. It will be boil'd with-*

within an Hour: Or may be baked in the Pan like the Carrot-Pudding. *The sauce is for both, a little Rose-water, less Vinegar, with Butter beaten together and poured on it sweetned with the Sugar Caster.*

Of this Plant discreetly dried, is made a most wholsom and excellent Tea.

28. *Of* Spinage. *Take a sufficient Quantity of* Spinach, *stamp and strain out the Juice; put to it grated Manchet, the Yolk of as many Eggs as in the former Composition of the* Carrot-Pudding; *some Marrow shred small, Nutmeg, Sugar, some Corinths, (if you please) a few Carroways, Rose, or Orange-flower Water (as you best like) to make it grateful. Mingle all with a little boiled Cream; and set the Dish or Pan in the Oven, with a Garnish of Puff-Paste. It will require but very moderate Baking. Thus have you Receits for* Herb Puddings.

29. Skirret-Milk *Is made by boiling the Roots tender, and the Pulp ſtrained out, put into Cream or new Milk boiled, with three or four Yolks of Eggs, Sugar, large Mace and other Spice, &c. And thus is compoſed any other Root-Milk.* See Acetar. p. 65.

30. Tanſie. *Take the Gratings or Slices of three* Naples-Biſcuits, *put them into half a Pint of Cream, with twelve freſh Eggs, four of the Whites caſt out, ſtrain the reſt, and break them with two Spoonfuls of Roſe-water, a little Salt and Sugar, half a grated Nutmeg: And when ready for the Pan, put almoſt a Pint of the Juice of Spinach, Cleaver, Beets, Corn-Sallet, Green Corn, Violet, or Primroſe tender Leaves, (for of any of theſe you may take your choice) with a very ſmall Sprig of Tanſie, and let it be fried ſo as to look green in the Diſh,*

Dish with a Strew of Sugar, and store of the Juice of Orange: some affect to have it fryed a little brown and crisp.

31. Tart *of* Herbs. *An* Herb-Tart *is made thus: Boil fresh Cream or Milk, with a little grated Bread or* Naples-Biscuit (*which is better*) *to thicken it; a pretty Quantity of Chervile, Spinach, Beete* (*or what other Herb you please*) *being first par-boil'd and chop'd. Then add* Macaron, *or Almonds beaten to a Paste, a little sweet Butter, the Yolk of five Eggs, three of the Whites rejected. To these some add Corinths plump'd in Milk, or boil'd therein, Sugar, Spice at Discretion, and stirring it all together over the Fire, bake it in the Tart-Pan.*

32. Thistle. *Take the long Stalks of the middle Leaf of the* Milky-Thistle, *about* May, *when they are*

are young and tender: wash and scrape them, and boil them in Water, with a little Salt, till they are very soft, and so let them lie to drain. They are eaten with fresh Butter melted not too thin, and is a delicate and wholsome Dish. Other Stalks of the same kind may so be treated, as the Bur, *being tender and disarmed of its Prickles,* &c.

33. Trufles, *and other* Tubers, *and* Boleti, *are roasted whole in the* Embers; *then slic'd and stew'd in strong Broth with Spice,* &c. *as* Mushroms *are. Vide* Acetar. p. 42.

34. Turnep. *Take their Stalks (when they begin to run up to seed) as far as they will easily break downwards: Peel and tie them in Bundles. Then boiling them as they do* Sparagus, *are to be eaten with melted Butter. Lastly,*

35.

35. Minc'd, *or* Sallet-all-sorts.

Take Almonds blanch'd in cold Water, cut them round and thin, and so leave them in the Water; Then have pickl'd Cucumbers, Olives, Cornelians, Capers, Berberries, Red-Beet, Buds of Nasturtium, *Broom*, &c. *Purslan-stalk, Sampier, Ash-Keys, Walnuts, Mushrooms (and almost of all the pickl'd Furniture) with Raisins of the Sun ston'd, Citron and Orange-Peel, Corinths (well cleansed and dried)* &c. *mince them severally (except the Corinths) or all together; and strew them over with any Candy'd Flowers, and so dispose of them in the same Dish both mixt, and by themselves. To these add roasted* Maroons, Pistachios, Pine-Kernels, *and of Almonds four times as much as of the rest, with some Rose-water. Here also come in the Pickled Flow-*

Flowers and Vinegar in little China *Diſhes. And thus have you an Univerſal* Winter-Sallet, *or an* All-ſort *in Compendium, fitted for a City Feaſt, and diſtinguiſhed from the* Grand-Sallet: *which ſhou'd conſiſt of the Green blanch'd and unpickled, under a ſtately* Pennaſh *of* Sellery, *adorn'd with Buds and Flowers.*

And thus have we preſented you a Taſte of our Engliſh Garden Houſewifry *in the matter of* Sallets: *And though ſome of them may be Vulgar, (as are moſt of the beſt things;) Yet ſhe was willing to impart them, to ſhew the Plenty, Riches and Variety of the* Sallet-Garden: *And to juſtifie what has been aſſerted of the Poſſibility of living (not unhapily) on* Herbs *and* Plants, *according to* Original *and* Divine Inſtitution, *improved by Time and long Experience. And if we have admitted*

Muſh-

Muſhroms *among the reſt (contrary to our Intention, and for Reaſons given,* Acet. p. 43.) *ſince many will by no means abandon them, we have endeavoured to preſerve them from thoſe pernicious Effects which are attributed to, and really in them: We cannot tell indeed whether they were ſo treated and accommodated for the moſt Luxurious of the* Cæſarean Tables, *when that Monarchy was in its higheſt Strain of* Epicuriſm, *and ingroſs'd this* Haugout *for their ſecond Courſe; whilſt this we know, that 'tis but what* Nature *affords all her Vagabonds under every Hedge.*

And now, that our Sallets *may not want a Glaſs of generous Wine of the ſame Growth with the reſt of the Garden to recommend it, let us have your Opinion of the following.*

Cowſlip-Wine. *To every Gallon of Water put two Pounds of* Sugar; *boil it an Hour, and ſet it to cool: Then ſpread a good brown* Toaſt *on both Sides with* Yeaſt:

But before you make use of it, beat some Syrop of Citron *with it, an Ounce and half of Syrup to each Gallon of Liquor: Then put in the* Toast *whilst hot, to assist its* Fermentation, *which will cease in two Days; during which time cast in the* Cowslip-Flowers *(a little bruised, but not much stamp'd) to the Quantity of half a Bushel to two Gallons (or rather three Pecks) four* Limons *slic'd, with the Rinds and all. Lastly, one Pottle of* White *or* Rhenish *Wine; and then after two Days, tun it up in a sweet Cask. Some leave out all the Syrup.*

And here, before we conclude, since there is nothing of more constant Use than good Vinegar; or that has so near an Affinity to all our Aceraria, *we think it not amiss to add the following (much approved) Receit.*

Vinegar. *To every Gallon of Spring Water let there be allowed three Pounds of* Malaga-Raisins: *Put them in an Earthen Jarr, and place them where thay may have the*

hotteſt Sun, from May *till* Michaelmas: *Then preſſing them well, Tun the Liquor up in a very ſtrong Iron-Hoop'd Veſſel to prevent its burſting. It will appear very thick and muddy when newly preſs'd, but will refine in the Veſſel, and be as clear as Wine. Thus let it remain untouched for three Months, before it be drawn off, and it will prove Excellent* Vinegar.

Butter. Butter *being likewiſe ſo frequent and neceſſary an Ingredient to divers of the foregoing* Appendants: *It ſhould be carefully melted, that it turn not to an Oil; which is prevented by melting it leiſurely, with a little fair Water at the Bottom of the Diſh or Pan; and by continual ſhaking and ſtirring, kept from boiling or over-heating, which makes it rank.*

Other rare and exquiſite Liquors *and* Teas (*Products of our* Gardens *only*) *we might ſuperadd, which we leave to our* Lady Houſewives, *whoſe Province indeed all this while it is.*

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Containing Receits *for the Pickling, and other ways of accommodating Winter-Sallets.*

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Carrot.
Champignons.
Chessnuts.
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Cowslips.
Cucumber.
Elder-flowers.
Gilliflowers.
Herbs.
Limons.
Melon.
Mushroom.
Mustard.
Nasturtium.
Orange.
Parsnip.
Peny-royal.
Potato.
Purselan.
Radish.
Sampier.
Skirret.
Spinach.
Tansie.
Thistle.
Vinegar.
Wine.
Turnip.
Walnuts.
Butter.

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